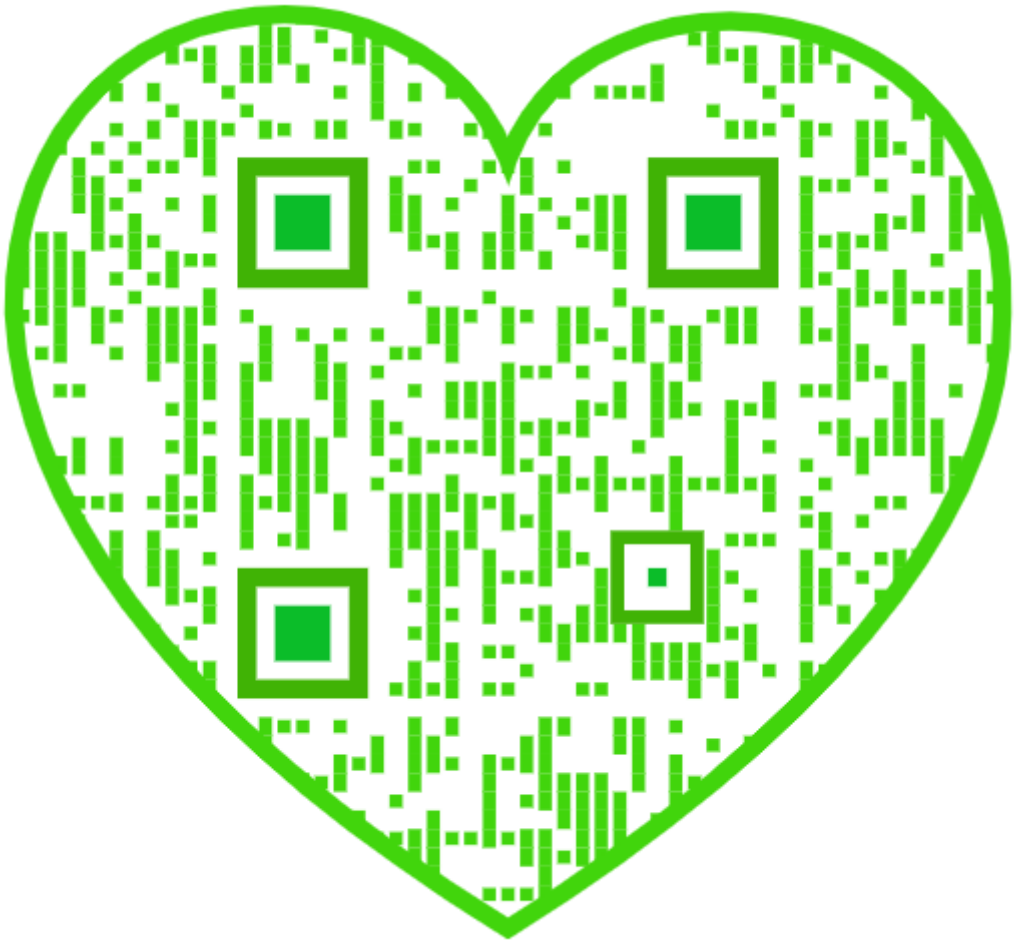


THE LIBRARY OF CONGRESS

HARRIET HUBBARD AYER.

FACTS FOR LADIES

BEAUTY

DINING, BY KINSLEY'S

HOUSE DECORATION

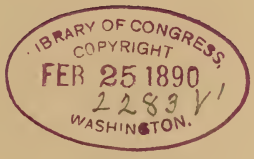
HEALTH OF WOMEN AND CHILDREN

BY ROBERT A. GUNN, A. M., M. D.

27.2
S57+
A

EDITED BY

AMY G. AYER.



CHICAGO:
AMY G. AYER, Publisher,
109 AND 111 WABASH AVENUE.
1890.

RG121
.A89

V

COPYRIGHT,
AMY G. AYER,
1890.

PREFACE.

"A thing of beauty is a joy forever;
Its loveliness increases; it will never
Pass into nothingness."

John Keats.

THIS book is designed to occupy a position at once unique and important. It is a book expressly for ladies. It deals exhaustively and intelligibly with a vast number of matters, concerning which all ladies ought to be thoroughly informed. In its comprehensive sweep, it covers the whole ground of personal and domestic life, and, especially for ladies just entering on the many cares and responsibilities of housekeeping, it would be exceedingly difficult to find, among the many books devoted to these matters, a more suitable adviser, friend and guide.

The wisest of householders and the most sagacious and experienced of women, will sometimes find themselves placed in circumstances where they are a little at a loss to know what is just the best thing to do. But it is hardly conceivable that any exigency could present itself, or any question arise, that this book would not fully meet or answer.

In the very outset, the book deals boldly with the question of personal beauty, and points out the secret of its development and perpetuation. Some foolish people seem to think that there is vanity, and only vanity, in the desire to be beautiful. It is not to be denied that there is

some natural pride in the conscious possession of beauty. But surely this pride is not to be wholly condemned! A lady ought to be as beautiful as she possibly can. This is her duty, it may also be her pride. Great masters of art in the old world and the new, have found nothing yet in the whole realm of nature more beautiful than "the human form divine." If this be so, the first and nearest duty is to guard and conserve that beauty by patient, jealous, constant care. There is no virtue in uncomeliness, and it is a shame to neglect that gracious "human form divine," which, by a little care, might be made "a thing of beauty" through youth and years, and on to venerable age. The "temple" of the body should always be kept pure and bright and beautiful. The suggestions under this head, concerning the complexion, the hair, the hands, the teeth, and the general grace and beauty of the human form, are as simple and detailed as they are important.

Passing from this matter of personal beauty, the book then deals with the important question of dining. It is not necessary to be a pronounced epicure to know that dining, properly understood, is a *fine art*. There is all the difference in the world between "eating" and "dining." Mr. Gladstone, the octogenarian statesman, is said to have remarked that the secret of the robustness of his venerable age was the fact that he "never allowed himself less than an hour for the pleasant business of dining." The hasty lunch of the city is one thing, the pleasant dinner of the home is another. To sit down to a well-cooked dinner, gracefully served, with a few congenial spirits round the board, is one of the chief delights of life. Fifty pages of this invaluable book are devoted

to a wise resumé of practical hints on all the important points connected with this very important department of social life. The mode of arranging the dining-room and setting out the dining-table with a judicious use of cutlery, silver, glass and flowers, is fully discussed; and that discussion is followed by the introduction of a large variety of *menus*, with recipes for all kinds of delightful dishes, the excellence of which has been proved, not by occasional experiment, but by frequent and long-continued usage.

The book next deals with the subject of house decoration, a subject that during the last ten years has become a matter of universal interest. The building of a house may tax the skill of architect and builder, but the furnishing and decoration that change a mere "house" into a "beautiful home," require taste and skill and tact. It is not wealth only that goes to the making of "the house beautiful," but that fine sense of arrangement that knows what colors harmonize, what contrasts are desirable, what forms are graceful, and where "a sweet disorder" is infinitely better than mere order. There is much more taste required than is commonly thought in knowing exactly where to hang a picture, and how to drape it when it is hung. The home is woman's kingdom; here she reigns a queen by rights divine, and here her genius and taste find their happiest exercise. The drawing-room, the dining-room, the reception hall, the parlors, the library, the bed-rooms, are but separate estates of this one home realm, each of which requires a distinct and separate treatment. Into each one of these departments this book goes with wise and practical suggestions, and so thorough, and exhaustive, and minute are these sugges-

tions, that it seems a pity that any household in the land should be without "Facts for Ladies."

The last part of the book vies with all the rest in practical importance. "Man know thyself" is a good motto, but if the maidens and mothers of the world were better acquainted with their physical organism, and the simple secrets of health, they would spare themselves endless and unnecessary suffering, and the future races of men would be cast in a more heroic mold. This department covers the ground of Woman's Physical Structure — Maidenhood, Womanhood and Wifehood; Motherhood, Babyhood, Childhood; Diseases of Babyhood and Childhood; Diseases of Women; General Hygiene, etc. The eleven chapters of this medical department have the rare advantage of presenting their various themes in plain, intelligible terms. Too frequently such matters are clothed in technical phraseology to such an extent that it is very difficult to clearly apprehend their real meaning.

CONTENTS.

BEAUTY.

	PAGE.
A Beautiful Complexion	14
Bathing	17
An Oily Skin	19
Blackheads	20
Cold Creams	20
Wrinkles	22
Pimples	27
Freckles	28
Hair	30
A Beautiful Form	37
Developing the Bust	43
Teeth	44
Hands	45
Shoes	48
Dress and Color	48
Perfumes	50

DINING.

Invitations	53
Art of Dining	55

PAGE.

Wines—Order of Serving - - - - 59

Breakfast, Luncheon, Tea, and Family Dinners - - - - - - - - - 61

Carving - - - - - - - - - 66

Choosing Fish, Game and Vegetables - - 69

Flowers - - - - - - - - - 75

Thanksgiving Day Dinner - - - - 77

Breakfast Menu - - - - - - 79

Choice Recipes - - - - - - - 80

HOUSE DECORATION.

Harmony for the Eye - - - - - 113

Woman's Kingdom - - - - - - 115

The Reception Hall - - - - - - 116

The Drawing-Room - - - - - - 118

Carpets or Rugs - - - - - - 124

The Library - - - - - - - 125

The Dining-Room - - - - - - 130

The Guest Chamber - - - - - - 138

The Gentleman's Den - - - - - 140

The Bed-Room - - - - - - - 142

Shades for the Window - - - - - 151

Elegance for Little Money - - - - 153

Pretty Devices for the Home - - - 156

An Authority on Designs - - - - 167

HEALTH OF WOMEN AND CHILDREN.

CHAPTER I.

PAGE.
WOMAN'S PHYSICAL STRUCTURE - - - - 169

CHAPTER II.

MAIDENHOOD — EDUCATION OF WOMEN - - 177

CHAPTER III.

MENSTRUATION AND OVULATION.

Menstruation — Ovulation — Absence of Menses — Chlorosis — Painful Menstruation — Profuse Menstruation — Change of Life - - - - - 188

CHAPTER IV.

WOMANHOOD AND WIFEHOOD.

Courtship — Marriage — Celibacy — Sterility - - 204

CHAPTER V.

MOTHERHOOD.

Conception and Pregnancy — Signs of Pregnancy — Fœtal Development — Maternal Changes During Pregnancy — Hygiene of Pregnancy — Disorders of Pregnancy - - - - - - - 222

CHAPTER VI.

MOTHERHOOD — *continued.*

Painless Childbirth — Natural Labor and Its Management — Difficult Labor — Preternatural Labor — Complicated Labor — Attentions After Labor

PAGE.

— Diseases Following Labor — Accidents of Labor — Miscarriage and Premature Labor — Prenatal Impressions and Mother's Marks - - - 259

CHAPTER VII.

BABYHOOD.

Care of the New-Born Babe — Infant Feeding — Baby Hygiene — Physical and Mental Development - - - - - - - - - 294

CHAPTER VIII.

CHILDHOOD.

Development of Both Sexes Alike Till Puberty — Education of Children — Hygiene of Childhood - 316

CHAPTER IX.

DISEASES OF BABYHOOD AND CHILDHOOD.

Disorders of Infancy — Congenital Deformities — Diarrhœa — Cholera Infantum — Hydrocephalus — Convulsions — Croup — Diphtheria — Eruptive Fevers — St. Vitus' Dance — Sore Eyes — Ear-Ache and Discharges from the Ear — Infantile Leucorrhœa — Phimosis and Paraphimosis — Scald Head — Itch — Head Lice — Worms — Weak Spines and Spinal Deformities - - - - 325

CHAPTER X.

DISEASES OF WOMEN.

Diseases of the Vulva and Vagina — Inflammation of and Ulceration of the Womb — Leucorrhœa — Dis-

PAGE.

placements of the Womb — Tumors of the Womb — Diseases of the Ovaries — Cancer — Hysteria - 350

CHAPTER XI.

GENERAL HYGIENE.

Condition of Dwellings — Dress — Rest and Sleep — Hygiene of the Skin — Hygiene of the Digestive Organs — Hygiene of the Respiratory Organs — Hygiene of the Eye — Hygiene of the Ear — Hygiene of the Generative Organs - - - - 363

GLOSSARY - - - - - - - - - 377

LIST OF ILLUSTRATIONS.

PORTRAITS OF QUEENS OF BEAUTY.

HARRIET HUBBARD AYER - - FRONTISPIECE.
RÉCAMIER - - - - - - - - 14
MRS. SCOTT MONCRIEFF - - - - - 30
LILLIAN RUSSELL - - - - - - - 46
LILA CAVANAUGH - - - - - - - 62
MINNA K. GALE - - - - - - - 78
ELLEN TERRY - - - - - - - 94
MISS VAN AUSTIN - - - - - - 174
ISABELLA URQUART - - - - - - 190
GLADYS - - - - - - - - 222
MRS. LANGTRY - - - - - - - 254
MISS CARRIE DANIELS - - - - - 286
MRS. JAMES BROWN POTTER - - - - 318
ADA REHAN - - - - - - - - 334
A STUDY - - - - - - - - 350
MME. RHEA - - - - - - - - 366

EXAMPLES OF DECORATION.

DINING-ROOM - - - - - - - 136
RECEPTION HALL - - - - - - - 111
RECEPTION HALL - - - - - - - 116
HALL SETTLE, ETC. - - - - - - 148
SITTING-ROOM - - - - - - - 140
PARLOR - - - - - - - - 120
COFFEE TABLE, ETC. - - - - - - 154
LIBRARY - - - - - - - - 125

FACTS FOR LADIES.

BEAUTY.

Since the world began beauty has ruled, and yet who can tell you what it is? As "one star differeth from another star in glory," so does one woman differ from another in beauty. One competent judge will tell you golden hair and blue eyes constitute beauty; another whose judgment is equally good insists there can be no beauty without black hair and sparkling dark eyes. Beauty, from this standpoint, being only a matter of individual taste and opinion, the question is left open for every woman to establish a criterion for herself; for beauty is charming, exquisite individuality. Regular features, light hair, dark hair, brown eyes or blue, are only a small portion of beauty. A pretty face, without its little details of dress and personal care, is forgotten as soon as looked at. On the other hand, a woman with positively homely features, who understands detail of dress, the secrets of a fine complexion, sparkling eyes, beautiful form, and who has made human nature enough of a study to know just when to say the right thing in the right place, will be considered the beautiful woman, where perfect features will pass unnoticed.

What are the secrets of a fine complexion, sparkling eyes, beautiful form, etc.? Physicians, realizing the

interest, and trying to meet the demand for information, on this subject, have written page after page, and book after book has been published. The purchaser, beguiled by the catchy title, finds, after hours of patient reading, that there is nothing more profound than the mysteries of the human system, unless it be "personal beauty," as set forth by these writers. To understand the technical terms, the "whys and the wherefores," would need a thorough medical course to carry out the suggestions, would need more than the threescore years and ten, in which we are supposed to finish the duties of this mortal life.

With all due respect to the learned writers, "Professor" this, and "Dr." that, personal beauty can be developed without studying "Hygiene" or "Anatomy." Beauty, summed up into a fine complexion, bright, sparkling eyes, a straight, lithe figure, and shining hair, is within every woman's power to reach, and means simply bathing, fresh air and exercise.

A BEAUTIFUL COMPLEXION.

There is nothing attracts the eye sooner than a clean, beautiful complexion. There are numerous causes for a bad complexion. It is generally the result of not bathing regularly and *often*, an indoor life, sleeping in badly ventilated rooms, a fretful, irritable disposition, an inactive liver, hard water and impure soaps. Cleanliness being the foundation of health and beauty, the question of bathing should be the first considered. Bathing is a much discussed question. Of course, in this enlightened day, everybody is supposed to bathe properly, but there are so many different opinions as to what *is* proper. The

RECAMIER.

old fashioned idea was a hot bath Saturday night, and "high neck" washes through the week. The ideas of our grandfathers and grandmothers would have gone through a wonderful transformation if they had lived to enjoy the benefits of the "black diamonds."

In the times of huge fire-places and bright, sparkling logs, a thorough bath once or twice a week might do for cleanliness, but was it enough for health? In this generation the perfect health of our forefathers is often quoted to us. It is possible that it was their *imperfect* health that is affecting this generation. There are old homesteads in the central part of New York whose inmates have lived on year after year, repeating the habits and living the lives of their forefathers, and are they specimens of health and hardihood? Not by any means. Rheumatism, dropsy, cancers and other diseases are proverbial. Why is it not safe to conclude that these blood diseases are caused by the imperfect condition of the skin, and this the result of not frequent bathing. The human system digests daily, or (should do so) seven pounds of food and drink, five pounds of which is thrown off through the kidneys, bowels and skin; from one to two pounds through the perspiratory glands of the skin alone. The "pores" are the apertures of the perspiratory glands, and a fair estimate of the number of pores on a person of ordinary size is *seven* millions! It is easy to understand what the state of health or the condition of the blood must be if this poisonous effete matter is obstructed in any way. A perfect condition of the skin can be obtained by frequent bathing *only*. And frequent bathing means twice every day at least.

Upon rising in the morning the skin is in a moist condition, and covered with poisonous matter thrown off dur-

ing sleep. A quick sponge bath with cold water, and a vigorous rubbing with coarse towels should not take more than five minutes, and to relieve the skin of this poisonous matter is certainly necessary, otherwise it will be reabsorbed by the system. Again at night, before retiring, the same quick bath should be taken, using *hot* water instead of cold, relieving the skin of the dust and dirt it has accumulated through the day. Some physicians assert too much bathing is injurious, and many ladies claim they find frequent baths weakening. Remaining in water any length of time, and repeating this process often, undoubtedly is weakening, but quick sponge baths and vigorous rubbing can only be strengthening. The shock of the cold water against the warm skin in the morning sends the blood tingling through the veins, and the exercise of rubbing with flesh brush or coarse towels prevents one taking cold, and is certainly a better tonic for an inactive case than any medicine that could be prescribed by the best physician. The hot water used at night, not only cleanses the skin, but rests the tired nerves and produces sweeter sleep. Every mother understands the effect upon an infant. Why should it not be just as beneficial when we are grown up? Nothing destroys the complexion sooner than retiring without every particle of dust removed from the face. To accomplish this needs hot water and *soap*, always being careful to use pure soap. White Castile is always to be relied upon, though there are many good, pure soaps in the market. Most ladies have their favorite soap. What agrees with one skin does not always agree with another. It is best to give them a trial and decide for yourself which one is the most soothing to your skin. Colgate's Cashmere Bouquet, Kirk's fine toilet

soaps, " Cherry Blossom " are all good, though the latter might be considered too expensive for daily baths. However, it is better to economize on something else, and use good soap. Many a fine complexion is ruined by using cheap soap, and many times serious blood poisoning has been the result. While hot water and soap are positively necessary to remove the accumulation of dust and dirt, mixing with the oil of the skin on the face, it leaves the skin in a dry state, which is not particularly pleasant or beneficial. It is best to have on the toilet table some kind of oil, almond oil, olive oil or cold cream, with which to anoint the face after bathing. This is one of the essentials of " beauty's toilet table." I will devote more space to it, and give some recipes for making cream elsewhere.

So much can be said about bathing that it seems as if something must necessarily be left unsaid. It is really the connecting link between plainness and beauty; in other words, the *starting point.* As intimated in the beginning, *profundity* is left to the profession, and those intent upon showing off their learning. What I am telling you is only the experience of one woman to another, and my only object is to convince you that color can be brought to the paled cheek, and that the peach bloom that is there already can, by proper care and attention, be retained. The same treatment will do both. Bathing being beauty's foundation, do not be afraid of water. It is nature's own medicine. It can only be weakening when it is a rarity. The cold morning bath is invigorating, and will bring a sparkle to the eye as nothing else will, and the hot bath at night is restful. Ladies living in the country have the blessing of soft rain water, which they should appreciate. It is a luxury in itself. Those deprived of

this convenience can do much toward producing the same effect by adding borax or ammonia to the bath water.

The bath water can be made delightfully fragrant by the addition of toilet water. The water is not only made fragrant, but the skin is made velvety and soft.

An excellent toilet water for softening the skin is made in the following manner:

1 lb. Barley Meal.
2 lbs. Bran.
1 oz. Borax.

Dissolve in two quarts of water, and add to the bath water; an ordinary bath is about thirty gallons. Strain the above through cheese cloth when dissolved.

CAMPHORATED BATH.

This is fragrant and cosmetic.

1 oz. Tincture of Camphor.
½ oz. Tincture of Benzoine.
2 oz. Cologne Water.

Drop slowly into the bath. This being a rather expensive toilet water, it is better to make it up in a quantity, and keep it on the toilet table, and use it for smaller quantities of water, as in the sponge bath.

We are all aware of the luxury and benefit of a milk bath. While it produces a remarkable whiteness and smoothness of the skin, unfortunately it is an expensive luxury. A very good substitute is made from the following mixture:

½ lb. Marsh Mallow Flour.
¼ lb. Hyssop Erb.
4 lb. Bran flour.

Put into a cheese-cloth bag, and add to an ordinary bath of thirty gallons.

ALKALINE BATH.

This is only good to use occasionally if troubled with an oily skin. It is also cooling and refreshing in cases of fever.

6 oz. Carbonate of Soda (Crystal).
1 oz. Borax.

Dissolve in one quart of water, and add to an ordinary bath.

The sea salt that is kept by all druggists makes an excellent bath, and is very strengthening.

A fine substitute for an ocean bath is made from the following:

2 lb. Muriate of Soda.
1 lb. Sulphate of Soda.
½ lb. Chloride of Lime.
½ lb. Chloride of Magnesia.

Dissolve in two quarts of warm water, and add to the ordinary bath.

AN OILY SKIN.

Ladies troubled with an oily skin may bathe the face with this lotion with benefit:

½ oz. Pulv. Borax.
1 oz. Glycerine.
1 quart Camphor Water.

It is healing, whitening and beneficial.

A few drops of ammonia added to the bath stimulates and cleanses the skin. It is particularly valuable in removing odor from those who perspire freely. It should be used with care, however. If used too freely it stimulates the hair capsules, and will start the fine hair growing on the arms, face and neck, which is anything but desirable.

"BLACKHEADS."

Blackheads or comedones are formed by the oil in the perspiratory glands becoming hard and too dense to escape in the usual manner, and is generally the result of not bathing properly (not using *hot* water and soap on the face). The dust and dirt mingling with the oil at the aperture or "pore" form the blackheads, and they can only be removed by pressure. Washing the face with *hot* water and soap and water in which is a very little carbolic acid is efficacious in causing them to disappear. In using carbolic acid use warm water, and only a few drops of the acid, but have it strong enough to slightly smart the face, or that part of the face affected by the blackheads. It stimulates the skin or glands into activity, and allows the oil to escape in the natural manner.

COLD CREAMS.

Every lady should have among her toilet articles good "cold cream." If made with the proper ingredients, it is indispensable in cases of pimples, chapping or any roughness of the skin.

Thousands of dollars are expended in advertising the innumerable creams in the market, and, when you ask a druggist which is preferable, he invariably sets forth his own special make. The truth of the matter is, they are all very much alike. If one is better than the other, the preference should be given to the one *not* advertised extensively. To pay for advertising, the profits must necessarily be large, and consequently the quality of ingredients inferior. Nearly all creams sold in stores become *rancid*, and in this state are irritating to the skin instead of soothing. It is better to make your own creams. It can be done with very little trouble and at small expense.

For years a prominent society lady, noted for her exquisite skin and complexion, has used a cream made from the following recipe:

1 oz. Spermaceti.
1 oz. White Wax.
1 oz. Benzoated Lard.
2 oz. Almond Oil.
¼ oz. Camphor Gum.

Dissolve the camphor gum in the oil, and add the other ingredients, heating the whole only to melt. When melted, beat with a fork for one hour, or until perfectly cold, white and creamy. In using it the face must be perfectly free from dust or any foreign matter. Take a small quantity on the tips of the fingers, and spread on the face and neck, rubbing until the cream is absorbed by the skin. The almond oil spreads very easily, and a very *little* of the cream will cover the face and neck. The face becomes soft and velvety almost immediately. A very fine effect is produced by rubbing the "shine" off with a soft flannel dipped in powder. Using powder in this manner not only produces a better effect, but the skin is not injured by the powder.

The recipe for cream just given, will cure the severest cases of pimples, and in cases of sunburn, chapping and chafing, immediate relief is given.

Another excellent cream for making the face smooth and satiny, and used by a prominent actress for years, is made from the following ingredients:

1 oz. Spermaceti.
1 oz. White Wax.
1 oz. Olive Oil.
1 tablespoonful of Honey.

Melt and beat to a cream. Apply at night, using

a mask. Another cream used by the same actress, to keep the flesh of the face from becoming flabby, is made from the following:

The White of one Egg.
One Tablespoonful of Honey.
½ oz. Alum.
Ground Barley, enough to make paste.

This is beaten together and used with a mask.

One of the finest lotions for keeping the skin of the face, hands and arms, in perfect condition, is made from this formula:

3 oz. Rosewater.
1 oz. Glycerine.
10 drops Carbolic Acid.

After bathing, and *just before* using the towel, take a few drops in the palm of the hands, and rub over face, neck, hands and arms. If there is too much glycerine, so much that it is noticeable, use a little less than an ounce. By keeping this lotion on the toilet table, and using it as often as water is used, the skin will *always* be smooth as satin. Glycerine should never be used, unless *very much* diluted. It darkens the skin, and is very drying.

WRINKLES.

It is supposed by many, that wrinkles are the unavoidable foot-prints of old age. This is a mistake. They are the result of the tissues being emptied of their fatty substance, which may be from different causes. Probably nothing causes them sooner than sleeping in badly ventilated rooms. Worrying and fretting over the troubles we think are coming to us, instead of making the best of the troubles we have; that solace of most women — tears —

whose furrows are the most difficult to efface; hard water, using *too* much soap and water on the face, etc., etc.— any of these will cause the appearance of " crows-feet." While wrinkles indicate a failing of the nervous system, it does not necessarily follow, they are the inevitable forerunner of advancing years. The human body, like fine blooded horses, needs fine grooming. If men would insist upon their wives and daughters having personal care and attention in proportion to the care and attention given to their fine carriage horses, or " trotters " — " blossoms in other fields " would not have the attraction they have to many of them the present days. Women so soon get into a rut; outdoor life, riding, rowing, walking, cycling, are left to the younger portion of the family; in fact, the mother insists upon the daughter having outdoor exercise for *health's* sake. If fresh air is good for the daughter, why not equally so for the mother? Outdoor sports are looked upon in the light of amusement only. I suppose the charm would be lessened greatly, if insisted upon as a necessity to keep the system toned up. Out-door life is positively essential to perfect health and beauty. One of the reigning beauties at the court of three successive kings of France, was, at seventy, " as charming, as fresh, and as lovely as any lady of thirty." It was said, by the aid of skilled physicians, " a potion of soluble gold had preserved her beauty." The more sensible conclusion is that it was her keeping up an interest in everything that keeps the heart young, " five hours a day in the open air, riding hard with hawk and hound, good meat and wine, daily baths," etc.

Physical exercise and out-door life are just as essential for the mother as the daughter, and probably more

so — no less, anyway. This would lay a foundation for wrinkles not appearing. If the skin has become dry and starved, it needs nourishment, externally as well as internally. Much can be done to cause the disappearance of wrinkles, always providing the body has plenty of nourishment, good food, good drink, and attention is paid to the suggestions in regard to bathing and massage treatment for the face. With good cold cream, almond oil or olive oil will remove deep-seated wrinkles. It cannot be done with a few treatments. It took years of neglect to bring them, and it must take patience and perseverance to remove them. Any of the recipes given for cold cream are excellent, and should be used in this manner; Upon retiring at night, wash the face thoroughly with hot water and pure soap. While the face is still warm and the skin active from the rubbing with soft towels, take a little cream on the hands and rub it on the face and neck, and rub *in the opposite* direction from which the wrinkles are formed. One writer on the subject says: "Rub toward the scalp, or wrinkles will be added, instead of removed." Rub the face until the cream is absorbed, or from fifteen to twenty minutes. In repeating this each night for two or three weeks, you will find the flesh becoming firmer, and the tissues filling out. Rubbing and pressing the face starts the circulation, and keeps the tissues from becoming dry and inactive.

Many Parisian ladies, in the secrecy of their chambers, on retiring at night, or some part of the day, bind their faces with thin slices of raw beef or veal. For several years a popular lady of the "American colony" in Paris, has used this remedy to *feed the tissues* of the face, with remarkable results. At thirty-eight she has the complex-

ion and skin of a girl of eighteen. It may not be a pleasant thing to contemplate, but it prevents and removes wrinkles as nothing else will. Other ladies noted for their fine complexions, sleep in masks made of rubber or silk. It is a question whether excluding the air from the face may not be injurious eventually, but the perspiration caused by the use of the mask keeps the face white and delicate looking. The mask should have a thin layer of cold cream on its inner surface, or the face should be thoroughly anointed with oil or cream before adjusting the mask. An excellent remedy for preserving the skin fair and warding off wrinkles is a paste made from the following:

4 Eggs (the Whites of).
½ pt. Rosewater.
½ oz. Alum.
½ oz. Oil of Sweet Almonds.
Almond Meal or Oatmeal enough to form paste.

Beat the eggs, rosewater, alum and almond oil together, and add the almond meal or oatmeal until a paste is formed thick enough to spread over mask. This will give firmness to the flesh, as well as make the skin fair and smooth.

A good remedy for cleaning out the complexion and making the skin fair, is to take a teaspoonful of charcoal in water or milk, every morning before breakfast, for ten days. Half an hour after eating, three times a day, take a wine-glass full of dandelion tea, in which is a little extract of mandrake. There is nothing better than charcoal for removing organic impurities from the stomach, but it never should be taken unless followed with some kind of a mild cathartic afterward, as it is constipating.

A great many girls and women resort to the arsenic pills advertised to beautify the complexion. Without

doubt they are efficacious in filling out the tissues and making the skin perfect and fair. In some cases they are beneficial, particularly when the system is malarious; but, if the pills contain enough arsenic to produce any change whatever, after a time they would become injurious, and should be taken only under the advice of a physician.

A fine preparation for bringing the blood to the external fibers of the skin, and roses to cheeks and lips, is made from this recipe:

3 oz. Rosewater.
1 teaspoonful Tincture of Benzoin.

It is also unsurpassed as a remedy to remove tan and sunburn by sponging off the face with it after exposure, and before using any water.

Lemon juice diluted with water is always very satisfactory in removing tan.

Muriatic acid is also good for whitening the skin. In using it, care should be taken. Add only a few drops to the bath water.

Another lotion for removing tan or sunburn is this:

10 grains Borax.
2 oz. Limewater.
1 oz. Finest French Oil of Jasmine.
1 oz. Oil of Sweet Almond.

If the face has become sore, or is peeling off after using this lotion, use every morning, after washing, a preparation made from the following:

2 drachms Cloride of Ammonia.
1 oz. Spirits of Wine.
10 drops Attar of Roses.
1 pt. Rosewater.
1 oz. Venetian Talc (fine powder).

Dissolve the cloride in the rosewater, and the attar in the spirit. Mix the two solutions and add the talc.

For those having tendency to very red faces, it is better to avoid eating anything that will heat the blood, particularly during the summer months. Eat fruits, salads, fresh new vegetables and light meats, such as fish or poultry.

If the complexion naturally inclines to sallowness, nothing will cure it quicker than exercise in the open air, eating coarse bread, and hunting for the sunny spots.

If the skin is coarse, the coarse bread, oatmeal, with plenty of bathing and frequent changes of underclothing — those that come next the skin — will produce a wonderful effect in a short time. If the face is rough, bathing, and the applications of cold cream will smooth out the roughest skin.

1 pt. White Brandy,
½ pt. Rosewater,

makes an excellent wash for removing roughness of the skin. It should be used to sponge off the face night and morning. The brandy keeps up a circulation, and the rosewater counteracts the effect of the skin becoming too dry in using the brandy.

PIMPLES.

Any of the recipes given for cold cream will cure severe cases of pimples, if they are of the common red order. If they are inclined to be sore, and come from impurities of the blood, a cream made from the following will be found to be very drying and healing:

1 oz. White Wax,
1 oz. Spermaceti,
2 oz. Almond Oil,
1 oz. Benzoated Lard,
1 oz. Oxide of Zinc,

melted and beaten to a cream. Use it on the face, and at

the time remove the cause by taking some simple remedy for purifying the blood.

FRECKLES.

There are two kinds of freckles, sun freckles and liver freckles. When caused by exposure to the sun, they are just under the epidermis, or scarf skin, and can be removed by external applications. Lemon juice, diluted with water, proves efficacious sometimes, and any application that will rough up the skin sufficiently to remove the scarf skin, removes the freckles with it, though this process is more or less disagreeable. Several years ago there was a sensational lawsuit in England over a cosmetic. Three people, each claiming to be the the inventor of a popular tonic for "making complexions beautiful," called upon judge and jury to decide the matter. During the progress of the trial the formula was given, which was as follows.

1½ oz. Bitter Almonds.
15 grains Corrosive Sublimate.
1 qt. water.

This preparation, while it contains deadly poison, does nothing more or less than burn off the upper skin, or scarf skin, and of course removes all blemishes with it.

One of the most popular moth and freckle lotions — or the most advertised — of the present day, is made from alcohol, corrosive sublimate and acetic acid. It sounds as if the parties advertising such a remedy should spend the rest of their days behind the bars, but, as fortunes have been made with it, and people still continue to purchase " bleaches," it must be the results are, in some cases, satisfactory. For those whose ambitions tempt them to " rush in where angels fear to tread," I will give a

recipe, for a " bleach " which is claimed to be the formula of a very much advertised moth and freckle lotion.

4 oz. Alcohol.
12 grains Corrosive Sublimate.
12 oz. Rosewater.
2 oz. Glycerine.

It is not necessary to add, this preparation should be marked " poison "— and, in using it, care should be taken that it does not touch lips or eyes — aside from that, its effect will be to rough up the scarf skin, in other words, it is intended to *burn off* the scarf skin, and the sensation is the same as a severe case of sunburn. A good many of the professional " beautifiers " use similar preparations, and they claim that the " bleach" not only takes off freckles and moth, but that it brings the impurities of the blood to the surface. I have known several ladies that have gone through the " transformation," and were satisfied with the results. And others, becoming frightened at the disagreeable burning sensation, and the redness produced by the first application, have rushed to a physician, and been told they were *poisoned.* The lotion given by the physician to " counteract the effect of the poison " in one instance, when analyzed by a chemist, *contained the same ingredients as the " bleach."* If using it at all, it is better to dilute it with water, and allow the " transformation " to be more gradual. Otherwise, dip a camel's-hair brush into the solution, and apply it to the spots affected by the moth or freckles. In applying the solution to the face for the purpose of removing the scarf skin, use a sponge. Unless a smarting is produced, it will not have the desired effect, but it is not necessary to have the sensation severe. If too severe, it is better to dilute the bleach with water,

and take longer time for removing the blemishes. It can be done in three weeks without very disagreeable results by using a weak solution. If used full strength, the skin will peel off in a few days.

Another remedy for removing freckles, tan and sunburn is made from this recipe:

1 lb. Epsom Salts.
1 qt. Boiling Water.
1 oz. Quince Seed.
2 oz. Alcohol.
Juice of two Lemons (strained).

Dissolve the quince seed in alcohol, and add to the other ingredients.

A lady noted for her exquisite complexion was at one time very much annoyed by a mass of freckles, which she removed by using this preparation:

1 oz. Sweet Almonds.
4 drachms Bitter Almonds.
10 fluid oz. Cherry Brandy.
Add
6 grains Corrosive Sublimate.
6 drachms Tincture Benzoin.
4 drachms Lemon Juice.

Shake well before using, and use night and morning, applying with a sponge.

HAIR.

Undoubtedly "The glory of a woman is her hair." The most beautiful woman shorn of her hair would be decidedly hideous. While it is glory's crown, and *beauty* dependent upon it, there are comparatively few women who really understand the treatment hair should have. To be sure, it is brushed enough to straighten out "tangles," and combed enough to get it up in apt prevailing style. Systematic hair baths and vigorous brushing are not

MRS. SCOTT MONCRIEFF.

thought of until the hair, from years of neglect, commences to fall out, and what little there is left becomes gray and lifeless. How many women there are that *never wash their hair!* some claiming they cannot do so without taking a severe cold, others that *water* is injurious for the hair.

Both of these ideas are erroneous. The hair should be washed thoroughly once a week, and brushed with stiff hair brush twice every day, morning and night, for at least fifteen minutes. The scalp, to be in perfect condition, must be kept absolutely free from dirt, caused by accumulations of dust mingling with the oil. Brushing the hair thoroughly, removes this foreign matter to a great extent, but it is not sufficient to keep the scalp clean and the pores open. Water must be used with some alkali strong enough to cut the oil, otherwise the hair will be left in a "gummy" state. Common bar soap is better than toilet soap, but borax, ammonia, or salts of tartar are better.

Borax is rejected by some on account of its turning gray hair *yellow*, which, of course, destroys its beauty. There is nothing more beautiful than silvery gray hair. Ammonia is inclined to make the hair brittle. It is my opinion there is nothing better than salts of tartar. Many years' use of it and a luxuriant head of hair are proofs of the assertion.

An excellent hair wash is made from the following recipe:

1 oz. salts of Tartar.
1 qt. Water.
The Juice of three Lemons.

Dissolve the salts of tartar in the water (warm water),

add the juice of the lemons (strained). The lemon juice cuts the alkali, but still leaves its cleansing qualities. When the *effervescing* caused by adding the lemon juice to the salts is over, hold the head down over the wash-bowl, and turn the hair over carefully into the wash, wetting it all thoroughly. Take the hands and wet the scalp and roots of hair, rubbing enough to make a lather. The salts of tartar immediately remove all dirt, and even the lady who scorns the idea of dirt on her person will be surprised at the color of the water. Unless the hair has had a very recent bath, it will be simply *black*. After thoroughly rubbing the scalp, or until assured all particles are loosened up, twist the hair in clear water, and at least *three* times. Have the first rinsing water a little warm, the rest colder, the last positively *cold*. Take coarse towels and absorb the water, then use dry towels and rub the scalp until the hair is thoroughly dry. It is better to shampoo your hair yourself, even if you are fortunate enough to possess a maid competent enough to do it for you; the exercise will prevent your taking cold. In preparing the hair for the bath, it is good to take a fine comb and loosen up the accumulations on the scalp, then brush it out perfectly free from tangles. If you are careful in turning it over into the water, it will not get tangled, and there is no need of its being so at any time during the process of the shampoo. When the hair is nearly dried, by the use of the towels, commence using the hair-brush and coarse comb to get it into its natural position. Allow it to hang loosely until it is perfectly dry.

Do not make the mistake of confining it with hair-pins, if there is even a suspicion of dampness about it.

Fresh air is an excellent tonic for the hair. If one lives where it is convenient to do so, there is nothing better for the hair than to let it down and go out into the sunshine. Each individual hair will appear to take a new lease of life. Light hair is especially benefited by this sun and air bath. Two hours in the sun will bring out the color in the most wonderful way, making it three shades lighter. The Italian ladies take the crowns out of straw hats with broad brims, and draw the hair up through the crown, allowing it to fall over the brim, then resort to the *roofs* of their houses, and sit in the sunshine hours at a time. In this way they bleach their hair, without the use of powerful remedies that can but injure the hair in time.

In regard to bleaching the hair, I suppose, until the end of time, there will be those interested in the process, and this chapter will not be complete without some information on the subject. Hair that is naturally light, can be made several shades lighter by simple remedies, without necessarily injuring it, but to change dark hair to a golden hue, needs a powerful bleach, and the process will in time cause the hair to fall out. Peroxide of hydrogen is the basis of most hair bleaches. It looks like water, and certainly looks harmless, but there is many a " patent blonde " can tell you that to blondine the hair is a dearly bought beauty. I never knew of an instance where the hair, by its use, did not commence to fall out, if it was continued any length of time. Peroxide of hydrogen is to be had at all drug stores, being in common use for all purposes of bleaching. The hair should be washed first, and dried thoroughly; add some ammonia to the peroxide of hydrogen, and dilute the whole with water, much or little, according to your

ambition to become a "blondy blonde" or "half-tone." Apply to the hair with a tooth-brush, taking up a furrow at a time, wetting it thoroughly from the root to the end. It is the only way to get it bleached evenly. Dipping the hair into the solution is very unsatisfactory. If, after one application, the hair is not light enough, try it again, and so on until the desired color is obtained. After the hair is once bleached, it will not go back to its original color, only as it grows from the roots. The bleach should be applied to the roots about once a week afterward, or as often as the hair becomes dark at the roots. When your ambition is satisfied, and hair of "golden hue" has lost its charm, then is the time a full realization of "he who dances must pay the fiddler" comes in. If the hair has not commenced to fall out, and cutting close to the head is a positive necessity, it is better to do so at once, otherwise the colors of Joseph's coat would be few in comparison with the colors the hairs of the head will take on in its struggles to get back to nature's color.

A very old formula for bleaching the hair, and used by the Roman ladies, is this:

1 qt. Ley made from Ashes of Fine Twigs.
½ oz. Briony.
½ oz. Celandine Roots.
½ oz. Turmeric.
4 drachms Saffron.
2 drachms Lily Roots.
1 drachm Flowers of Mullein.
1 drachm Yellow Stechas.
1 drachm Broom.
1 drachm St. John's Root.

Boil these ingredients together and strain. By washing the hair frequently with this solution, "it will become a beautiful flaxen color."

There are many simple remedies that will lighten the hair several shades, such as exposing the hair to the sun, washing it frequently with soda, borax, ammonia, salts of tartar, or common bar soap.

One of the finest hair tonics, if not the best one known, is this:

1 pt. High Wine.
1 pt. Water.
1 oz. Bear's Oil.

By applying it to the scalp, it not only stops the hair falling out, almost at the first application, but it will restore gray hair to its natural color, and cause the hair to thicken.

High wine is alcohol before it is distilled. Do not allow a druggist to give you poor whisky for high wine, as a great many will do. High wine can only be found at a distillery, and cannot be *bought*, as it is not stamped. Sometimes a distiller, out of the kindness of his heart, will give it to you. A gentleman of my acquaintance, nearly sixty-five, tells me he was quite bald at forty, and what hair he had was gray and lifeless. He commenced using this tonic, and has used it, more or less, from that time to this, and his hair is so luxuriant that some members of his own family accuse him of coloring it.

Another hair stimulant is made from this recipe:

1 pt. Bay Rum.
1 drachm Tincture Cantharides.
1 oz. Castor Oil.
1 drachm Carbonate Ammonia.

Mix well, and rub into the roots two or three times every week, until the hair ceases to fall.

There is nothing more beautiful, no more refining to the face, than gray hair. A woman might be common-

place in appearance naturally. Let her hair turn to a pure gray, or white, and she at once becomes elegant and distinguished. And yet there are many that abhor the thought of "getting gray." It is better to color the hair with some harmless coloring matter, than it is to *suffocate* the scalp by wearing false hair. There are very few harmless hair dyes, if *any*. Probably the following is as free from harmful ingredients as any known:

1 drachm Sugar of Lead.
2 drachms Lac Sulphur.
3 oz. Rosewater.

Use every day once at least, until the hair resumes its natural color, after that, once in two weeks.

Another simple hair dye is made from these ingredients:

3½ drachms Nitrate of Silver.
3½ drachms Sulphur Potassium.
3½ drachms Rosewater.
2½ drachms Water.

Be very careful, when applying this solution, not to get it on the scalp. Apply with a fine-tooth comb.

Honey wash is a popular lotion for the hair, and is made from the following:

1 drachm Essence of Ambergris.
1 drachm Essence of Musk.
2 drachms Essence of Bergamot.
15 drops Oil of Cloves.
4 oz. Orange Flower Water.
5 oz. Spirits of Wine.
4 oz. Distilled Water.

Brushing the hair thoroughly and often is nature's restorer. It is positively necessary, otherwise all washes, tonics or stimulants, will prove a dismal failure.

A BEAUTIFUL FORM.

Nature intended the "human form divine" to be very much the same in all women. In the first few years of every woman's life there *is* a striking similarity. Upon reaching womanhood, individual tastes, different modes of living and careless habits have produced some wonderful transformations. And "who shall decide when doctors disagree" as to what is a beautiful form? It may be a matter of individual tastes; it may be a desire to possess something we have not; possibly the short, dumpy style admired so much by French gentlemen is the correct idea, or the straight, lithe figure of Italian beauties. But, whether it be short or tall, slender or plump, it must be symmetrical.

There must be a taper to the waist, a taper to the wrist, a taper to the ankle. There must be flesh enough to hide the foundation of the human frame, and muscle enough to round out the hollows. Without doubt the foundation to a beautiful form should be laid in childhood, but the exercise and out-door life that develops muscle and gives firmness to the flesh in childhood is just as necessary in womanhood, in order to retain those charms. What is, then, more beautiful than a straight, lithe, supple figure, where every move is perfect grace? Beauty itself can be summed up in a slender, graceful figure, knowing how to dress it, knowing how to *carry the head*, and knowing *how to walk*. Any exercise, such as rowing, riding horseback, skating, fencing, cycling, and using dumb-bells, will improve and perfect the figure. To learn how to carry the head, practice walking (in the secrecy of your own chamber) with a book balanced upon it. If you are observing, you will notice the grandeur there is, even in

the carriage of an Italian rag-picker, as she walks along the gutter, with her bag of rags on her head. The head should be "well set," and this can be acquired, to a great extent. Carry it at all times as if you were balancing something upon it. That does not mean, however, to carry the neck as if you were trying to digest an iron rod. The neck should be well *hinged* — that is, always ready to turn the head, *independently of the body*. How few there are that understand the grace and strength of this movement! One of the finest pieces of acting I ever saw on the stage — sometimes we see fine acting off the stage — was expressed by a slow turning of the head, with the body immovable, as if carved of stone. It is said the greatest charm of our American young ladies — whose beauty has been appreciated and raved over, more particularly in London and Paris society, than in our own country — is simply in the magnificent carriage of the head. She is quoted as having the "air of an hundred princesses." In walking, the body should be inclined *slightly* forward, from the waist up, the lower stomach or abdomen drawn in, and, according to the "dress reformers," this throws the lower part of the back out, and forms a natural bustle.

There is nothing more admired nor more desired than a fine, symmetrically curved figure, and yet we are all such creatures of habit. We lounge, we sit on our feet, we stand with our weight thrown on one foot, which, of course, has the effect of making one hip larger than the other — and we imagine all of these things add to our comfort, and give us rest! They not only cause exhaustion, but actually cause deformities, Learn how to sit, stand and walk with the spine in a straight line and head

up, as if you felt, or believed with Monte Cristo, that the "world" is yours, and never, at any time, allow a *limpness* to take possession of you. In a short time you will discover the old tired feeling is a thing of the past.

After acquiring an easy, graceful carriage, and walking with a stride from the hip without swaying the body or bending the knee more than is positively necessary, the next step toward acquiring a beautiful form comes in the matter of dress. Most women wear too much clothing. The symmetry of the figure is destroyed and hidden by the many skirts, bands and gathers surrounding the waist. Without intending any particular indorsement of the different "fads" in dress reform, there would be more women noticeable for their lovely figures if they would dress with the idea of showing off the curves of the body. This can be accomplished by wearing Jersey underwear, fewer skirts, or *none at all*, and adopting only the styles of draping that display the figure to the best advantage. Jersey underwear comes in all materials, from heavy wool to the finest silk, and, being elastic, it fits to the skin without a wrinkle. If the preconceived idea of the necessity of skirts will not admit of the abandoning of these altogether, wear one of some material that can be laundered without starch. (Starch, thank goodness, is no longer considered *au fait*.)

If the question of warmth comes up, that difficulty is obviated by the texture of the close-fitting underwear. In going without any skirts at all—the effect of which is very artistic with the right style of dress drapery—the question of modesty sometimes arises. One lecturer on "dress reform" said, when the question came up of how it would look when the wind was blowing: "It

would look as if we had legs," and added, "it is no more immodest than is dressing to show the curves of the bust." It is no more immodest, and certainly it is more graceful, and better for the health, than carrying around a weight of clothing hanging from the waist or shoulders. An essential part of dressing to show the unbroken lines or curves of the figure, is a well-fitting corset. The corset should be soft and pliable, made of good material, and fitted to the figure. French ladies are very particular about the matter of corsets. They consider it economy to invest in the highest priced corsets at all times. A man dressmaker, formerly from the other side, says: "French women and American women dispute the palm of being the best dressers in the whole world, but there is a secret which has not found its way across the broad Atlantic, and, until it is mastered, the wreath of victory must remain on the other side. A French woman wears a fifty dollar dress and a fifteen dollar corset. An American woman wears a two hundred dollar dress and a two dollar and a-half corset." It is better to spend less for the dress, and more for the corset. The higher priced corsets are free from starch; free from the "stiff steel" which the various warriors against corsets bring up as being so injurious to the stomach. The steels used are of the best quality, and are soft and pliable. The other materials being of finer quality, the corset retains its shape until worn out.

If too much flesh or not enough interfere with the figure, these defects, with a little pluck and energy, can be remedied. Within a very recent date a popular actress by her indomitable will has reduced her flesh, or weight, from 197 pounds to 135, and expects to get to 125. An

Eastern physician has been the lucky discoverer or compounder of a medicine that has the effect of destroying the appetite. The only nourishment taken by this lady for thirty days was the juice of two oranges, and this medicine three times daily. This method of reducing flesh is severe treatment, and few women have constitutions that would warrant their experimenting in this manner. Fleshy women are seldom rugged and strong. Too much flesh is a disease, and its causes can be traced easily. In most instances it can be " simmered down " to self-indulgence, taking too good care of yourself, and humoring all one's inclinations. It is pleasanter to sit at home in a comfortable chair than it is to go out and take a stirring walk, particularly if the day or weather is not propitious. It is gratifying to indulge in the dishes that please the appetite, and generally dishes that please the appetite of a woman inclined to rotundity are the very things she ought not to eat, but other things disagree with her stomach, and what shall she do? The first step toward reducing flesh is to determine fully to sacrifice *yourself*. You must compel yourself to do certain things whether you have the inclination or not. It was petting yourselves too much that piled up the flesh, and only the reverse of such treatment will scatter the billows. Daily exercise is the first step, a walk in the morning, and again at night. Do not make the mistake of walking too far at first, the distance must be gradually increased. It is better to dress very warmly, *uncomfortably* so, cover the fleshy parts with layers of flannel, and walk until dripping with perspiration. Upon returning, and before the perspiration is absorbed by the skin, sponge off in salt water, a handful of rock salt or sea salt to a bowl of

water. Turkish bathing is excellent to reduce flesh if you do not indulge in drinking water through the bath. It will *add* to flesh to drink water in the Turkish bath, and *reduces it* when abstaining.

A concoction made from the following is said to reduce flesh and improve the complexion at the same time:

1 oz. Cream of Tartar.
1 oz. Sulphur.
1 pt. Holland Gin.

Take one tablespoonful night and morning. Shake well.

In reducing flesh, it is essential to eat as little as possible, and not indulge in any food that has a tendency to make flesh. A lady of my acquaintance reduced her weight very materially in three months by confining herself almost entirely to bread without butter, and beefsteak (broiled). Bread is nourishing, and beefsteak makes muscle instead of flesh. Eating a few grains of coffee is said to deaden the appetite. Claret should be the only wine or stimulant used.

Physical exercise should become a daily duty to oneself, even after the desired reduction in weight has gladdened the heart of the seeker. Using dumb-bells is probably as satisfactory an exercise as any, and the effect is soonest seen. The use of them brings every muscle of the body into action, and makes the flesh firm and natural. They should be used under the guidance of a teacher until the difficult motions are understood, and used regularly from five to fifteen minutes night and morning.

Dumb-bells are just as beneficial for those desirous of *adding* to their weight. The use of them will develop and round out the arms as nothing else will. Exercise is

as important a factor in adding to the weight as in reducing the flesh, but different food should be eaten. Anything that "grows in the ground" makes flesh, and milk is particularly excellent in filling out the tissues. Drink two or three quarts a day, if possible. Beer is recommended sometimes, but it makes poor flesh, and is injurious to the delicate fibers of the stomach.

DEVELOPING THE BUST.

Our markets are full of so-called wonderful discoveries for developing the bust. There is no medical "discovery" that will produce this result, if nature has been retarded by different causes, such as wearing pads, thereby excluding the air, and compressing the tissues, from lack of exercise, a melancholy disposition, ill-health or *jealousy*, A treatment exactly the reverse of all this is the first thing to be considered. Drink plenty of milk and cream, sleep as much as possible, and bathe the breasts with *cold water*, by throwing it against them upon rising in the morning, rubbing them carefully afterward with coarse towels. It is necessary to start the circulation in the veins, and bring the muscles into action. Great care should be taken that there is no harshness in rubbing the breasts. Serious results have followed the slightest bruise upon this delicate network of tissues, veins and channels. In rubbing, rub upward, never down. Dumb-bells are particularly beneficial and successful as "bust developers." They are safe and more satisfactory than any other remedy, in starting the circulation in the tissues and channels that have been lying dormant. According to the statement of some physicians, it is the only method that can

be guaranteed to produce any change. A systematic use of the bells, with the proper motions and the shower-bath of cold water, will repay the effort in three weeks' time. If the bust has become flabby through sickness, or any other cause, a wash made from the following, and applied night and morning, will prove beneficial:

½ oz. Alum Water.
1 oz. strong Chamomile Water.
2 oz. White Brandy.

TEETH.

The prettiest face loses its charm without the addition of sweet, clean teeth, yet sound, good teeth are seldom appreciated to the extent of giving them the care and attention they should have in order to preserve them. The mouth should always be rinsed after eating, and cannot be rinsed too often. Too much brushing, however, is injurious to the enamel. The teeth should only be brushed twice a day, and then with a brush that does not irritate the gums. Castile soap, the pure white dental soap, is good for the teeth, but there are very few tooth powders but what are more or less injurious. Charcoal is an excellent thing for the teeth. It sweetens the breath, and removes tartar. Pumice stone (powdered) in a little alcohol, applied with a small pine stick sharpened for the purpose, will remove discolorations.

The mouth must be rinsed thoroughly often, using pumice stone, or the gritty substance will injure the enamel of the teeth. A good wash for rinsing the mouth, is made with one drop of carbolic acid in a wine-glass of water.

In using the brush, do not rub it *across* the teeth.

As a constant dropping will wear away the hardest stone, so will the frequent rubbing wear away the enamel and leave furrows. The teeth should be brushed lengthwise, instead of across.

Once in three months the teeth should be examined by a competent physician, and, if the smallest cavity is found, it should be filled at once. In this way the teeth can be preserved to good old age — will probably last as long as we need them. An excellent wash for purifying the mouth and hardening the gums, is made with the addition of a little borax to a wine-glass of water.

HANDS.

There is nothing daintier, nothing more "kissable" than a delicate white hand, and it is particularly so when attached to a small wrist. It may not be within every woman's power to have a small wrist, but a white, attractive hand is within the reach of every one.

It is first necessary that the skin be in perfect condition. An indispensable preparation for keeping the skin toned up is the glycerine and rosewater lotion given in the chapter on bathing and toilet waters.

It should be used as often as the hands are washed, and just before using the towel. Care should be taken that the hands are not chilled in cold water. Warm water has a tendency to whiten the hands, because of the perspiration caused by the heat. This same effect can be produced in the winter time by wearing rubber gloves. Sleep in them, and wear them in attending to household duties. Another excellent remedy for producing perspiration is a cream containing camphor. The following

recipe makes a cream used very successfully by a lady noted for white hands:

1 oz. Olive Oil.
¼ oz. Camphor Gum.
Dissolve in the oil.
Add
1 oz. White Wax.
1 oz. Spermaceti.
1 oz. Nut Oil.

Melt together and beat to a cream. Bathe the hands with hot water and pure soap. Dry thoroughly. While the skin is active from the rubbing, take a little of the cream in the palm of the hands, and rub them thoroughly with it for ten minutes, until the cream is nearly absorbed, and then put on a pair of kid gloves, two or three sizes too large, and sleep in them. Repeating this process for one week will cause a remarkable transformation. Lemon juice is also good for whitening and making the hands as smooth as satin. In bathing the hands, take a few drops and rub over the skin while they are wet with the soap and water. The lemon juice cuts the alkali, and leaves only the oil in the soap, which softens the skin, and the acid removes stains caused by exposure.

Oatmeal and cornmeal are both excellent for whitening the hands. Either one of these should be used in the same manner as the lemon juice. Sleeping in cosmetic gloves is probably the most satisfactory way of making the hands white and delicate.

Every one can have beautiful finger-nails by paying a little attention to the art of manicuring, and the homeliest hand is made attractive by clean, polished, well-shaped finger-nails. To keep the nails in good condition it is necessary to use a hand brush in bathing the hands,

LILIAN RUSSELL.

and always brush the nails vigorously. Never cut them with knife or scissors, but use a nail file instead; cutting the nails makes them brittle, and liable to break with the slightest knock. The skin around the nail should be pushed back to prevent the growth of hang-nails, and to allow the crescent at the base of the nail to be seen, which adds greatly to its beauty. If the nails have been long neglected, it will be well to soak the ends of the fingers in hot water, and then trim up the ragged edges of skin. File the nails into shape, and use a "polisher" made of chamois skin. Polishers can be found in all drug stores if you are not the possessor of a manicure set. To give the nails an extra polish a powder should be used with the polisher. A good powder is made from the following:

1 oz. pure Oxide of Zinc.
No. 49 Carmine (enough to tint).
Perfumed with Jockey Club and Oil of Orange.

One of fashion's fancies is to trim the finger-nails to a sharp point. It destroys the symmetry of the hand, and gives the nail a striking resemblance to a claw. The nail should be trimmed the shape of the finger end, and it should be just the length of the finger; if there is any difference, a trifle short is in better taste. Well kept finger-nails are emblematic of innate refinement, whether seen on the queen of the parlor or on the queen of the kitchen. Another sign of the lady is a well-gloved hand.

A lady should never go upon the street without her hands being incased in well-fitting gloves. They should be adjusted and buttoned with the same care and attention as is given the bonnet or hat, and *before leaving the house.* Hair becomingly dressed, a pretty hat or bonnet, hands encased in neat gloves, and dainty shoes, constitute an

elegantly dressed woman, almost regardless of the style, or the cost of material of other garments.

SHOES.

It must be that some one wishing to advertise an unsalable shoe got up the sensation about "common sense" shoes. The scheme is laid bare when it is asserted that no other style of shoe should be worn, "all other shoes being injurious to health, and worn only by those careless alike of health and reputation." The "common sense" shoe is the style of shoe that must necessarily be worn—when it is the only style that *fits the foot*. It will fit comfortably only those having a broad, flat foot of low instep. A lady with an arched foot and high instep would suffer as much in "breaking in" a "common sense" shoe, as would a lady with a broad, flat foot suffer in trying to wear a "Spanish arched" shoe. Comfortable shoes are those that fit the foot perfectly. A shoe perfectly fitted, touches and supports every part of the foot. A new shoe is just as comfortable as an old shoe, if it is fitted as it should be. It is a mistake to seek comfort in a shoe larger than the foot. The shoe must not be large enough for the foot to slip around, or corns, nature's enemy, will be the result.

DRESS AND COLOR.

Ladies dressed in mourning always have the appearance of being elegantly dressed. It is not because black is richer, more harmonious, nor in all cases more becoming. It is because of the unbroken line of color. In walking down a crowded thoroughfare we meet comparatively few elegantly dressed women; and yet one sees all the colors and materials known to the *manufacturer or*

artist. To be dressed in perfect taste, a lady should have the same "tone" predominate from head to foot. The fault of a picture is the atmosphere the artist has thrown into it. He could not have a cool, gray morning tint in one part of the picture and the colors of a warm sunset in another part. The same tone of color must pervade the entire canvas, or it will be a failure. And it should be the same in a lady's street costume. Individual tastes and fancies may be petted in house dresses, but on the street, hat, dress and gloves should be the same color, regardless of passing fashions. Colors, unless studied carefully, are disastrous in effect. Tints should be avoided, unless the wearer possesses high color. Black, white and rich dark colors are becoming to all complexions. One is always well dressed in black, and every lady should have a plain black silk in her wardrobe. It is suitable for "mill and meeting." To be particularly well dressed it is better to have two, one for "mill," and another for "meeting." White is generally becoming. Care should be taken in selecting it, however. Never wear *blue-white* near the face. A *yellow-white* has the effect of making the face look fair, while blue-white will give it a decidedly sallow appearance. A fleshy person should avoid all light colors, and black that has a decided luster, such as black satin; it will magnify the size, while black without much luster will make one look a third smaller in comparison.

It is every woman's duty to have bright, beautiful house dresses. In these one's fancy can run wild.

As long as the costume is artistic, beautiful dresses for one's home should be the study of every mother, wife or sister. In house dresses there is great opportunity for artistic dressing. The most brilliant colors are permissi-

ble at home, and drapery that would be decidedly *bizarre* on the street, is elegant and graceful in the parlor. The consciousness of being becomingly and artistically dressed brightens up the countenance wonderfully. Sometimes changing from common apparel to a beautiful tea gown will cure actual indisposition. I fancy I see an incredulous smile — but a lady of my acquaintance resorts to this as a never-failing remedy. Aside from all this, the home pictures should be made the strongest influences thrown around husband, brother and child. The memory of these bright home scenes will cheer the pathway of a weary plodder through life.

PERFUMES.

To use powerful, strong perfumes is the quintessence of vulgarity and coarseness, but there is nothing more fascinating, refined and irresistible, and suggestive of "moonlight, music, love and flowers," than a sweet, delicate, faint odor, that is gone almost as soon as it is noticed. Have your favorite odor, and never use but the one. Purchase the finest extract of some flowers, and use but a small quantity. A better way is to have innumerable sachet bags, filled with cotton and perfume powder, and kept in the dresser, in the closets, and in your trunks. An elegant perfume for a sachet bag is made from the following ingredients:

1 oz. Heliotrope Powder.
20 grains pure Musk (grain musk).

A fine perfume is made by mixing Jockey Club and White Rose in equal parts, and adding a very little Musk (Lubin's). Use Lubin's Jockey Club and Wright's White Rose.

A dainty handkerchief is an indispensable accessory

to a lady's toilet. Do not put perfume directly on the handkerchief. It is better to keep your handkerchiefs in a delicately scented case.

Eau de Cologne, Bay Rum, and Florida Water are necessary adjuncts to the toilet table. Powder, also, is almost an essential. There are times when a lady, in justice to herself, should dust a fine powder over the face, as in cases of the " shine" that accompanies an oily skin. A flannel cloth and a little powder remove the dirt and dust of the street, and they are much better than using too much water upon the face. Almond meal is an excelle t substitute for powder, and is the *only* powder used by some of the most beautiful women. It must be used when the face is perfectly free from moisture, otherwise it will fill up the pores of the skin, and cause sallowness.

DINING.

By Kinsley's, Chicago.

This is a wonderful age for advising and correcting. If people go wrong in these days, it is not for want of plenty of counsel. We do things no longer by the card, but by the book. But if the housewife, filled with a laudable desire to be "correct," should consult the books as to the proper number of invitations to her next dinner, for instance, she would find herself involved in a maze of contradictions.

In this country fourteen seems to be the orthodox number. It may be stated, however, that it will almost invariably be found true that a party few in number is more pleasant and agreeable than a large one. At an afternoon tea eight ladies will be found more congenial than sixteen. It is, of course, taken for granted that quarrelsome and ill-natured people are not to be invited under any circumstances.

Emerson said one of the main objects of all the different modes of civilization is to bring a number of congenial and agreeable people together at dinner, but he does not tell us how to dispose of the other variety, the man who grumbles through a dinner in a state of chronic sulkiness, or the woman who makes uncomplimentary remarks *sotto voce* to the right and left.

Formal dinner invitations, during the season, should

be sent out from ten days to two weeks in advance. To send them out three or four weeks in advance signifies an excessive formality, which should be scrupulously avoided. Of course, in the great social centers, necessity compels the issuance of invitations long before the event, but there is no occasion for it in most American cities.

The invitation should be either written or engraved. The lady who is a frequent dinner-giver has engraved invitation cards at hand, with the space for the name of the guest left in blank, so that it may be inserted with pen and ink. At particularly formal affairs the name of the guest is engraved. The invitation should be made in the name of both host and hostess. The following is the usual form:

Mr. and Mrs. Arthur Johnstone
request the pleasure of Mr. and Mrs. John Barnard's company at dinner, on Thursday, December tenth, at seven o'clock.

The answer should be addressed to the hostess only. An invitation should be answered as soon as received. If an accident prevents the attendance of a guest who has already signified his intention of being present, no time should be lost in notifying the hostess, that she may supply the vacancy. No gentleman should ever be invited without his wife when other ladies than those of the family are expected.

The dinner hour should not be earlier than six, not later than eight. Full evening costume is required.

One should be careful to not invite those, whatever the party numbers, who are known not to be on good terms with each other. History shows that a Dr. Johnson and a Wilkes are not a joint dinner party success. Get "talking men." Too much talk is better than not

enough, at a dinner. Cultivate the person who has the splendid audacity to talk across the table. Try to show people out. To be correct is not necessarily to be stiff. Study to make your guests happy. Encourage unconventionality if you see your party beginning to freeze.

It is the quiet little dinners which are the perfection of social life. It is said that the number present at these dinners should not be less than the Graces, nor more than the Muses. There is perhaps some truth in this. Conversation cannot be general or quite unrestrained where the company exceeds eight or ten. In a party of twenty, one is restricted to the right and left-hand neighbors and the guest opposite. The caution as to the selection of guests applies with especial force to a small party, in that they should certainly be people of analogous tastes. The great object is to pair amiable, pleasant and agreeable men with pleasant and agreeable women. A good talker is a great acquisition, but good listeners are not less essential. Your good talker should be an urbane and polite man, not a bumptious, underbred one. Unfortunately we all have to deal with the latter variety, but we are under no obligations to invite them to our dinners.

In asking people to dinner, you should put to yourself the question, "Why do I ask them?" and, unless the answer be satisfactory, they are not likely to contribute much to the agreeability and sociality of the entertainment. They may be ornamental; it may be necessary, in a give-and-take sense, to have them in return for a dinner already long received and digested, but, unless they are sensible, social, unaffected, and clever, they are not likely to contribute their share of the entertainment's hilarity. You may ask a man who is a *bon vivant*, a *raconteur*,

because he talks well, is distinguished, or because he is that best of all things, a "jolly good fellow." But ask no one, however much above the average, who is a prig, pretentious, disputatious, or underbred.

It is to be recommended that exactly the same circle of guests should not be ranged about a dinner-table on successive occasions. This, of course, does not apply to those parties of friends where the number is not too large to preclude companionship — in such cases previous acquaintance is but an added charm — but to the regulation affairs which constantly need the element of novelty. Variety is not only a spice, but an essential.

If the object of dining be to secure the greatest quantity of health and enjoyment, such results are more likely to be attained at small than at set and formal affairs where people are kept in "stately durance." Yet it is this dull, comfortless, stately and ostentatious formality that every one is striving for. It should not be understood that it is necessary for enjoyment to abolish any of the true customs and etiquette of dining, but they should not be amplified and enlarged upon to the verge of personal discomfort. Everything savoring of too much state and over-display should be discarded.

The old-time fashion of evincing hospitality by crowding the table with a great number of heavily laden dishes, is rapidly disappearing. The dishes should be choice rather than unlimited in number, and the wines remarkable for excellence rather than variety. It is the exquisite quality of a dinner or wine that pleases us, not the number of dishes or number of vintages. Do not try to vie with your neighbor of greater means than yourself. Modesty is ever a peerless virtue. Too often we

see ostentation without ease, elegance, good breeding or good taste, and the parvenu too frequently appears in all his disagreeable hideousness and self-sufficiency. It would be far better if people of moderate means attempted less.

No kind of drink should be taken just before eating, for simple physiological reasons. After the oysters a glass of Chablis, Barsac, Sauternes or Hock may be taken. The Sauternes are as good as any. White wine taken with oysters agrees better than any red wine. It is freer from essential oils, and contains little tannin. Spanish, Portuguese and Italian wines as a rule contain too much alcohol for oysters. With the soup serve a Sherry or Madeira. Either of these wines stimulates and accelerates digestion. The best Sherry is Amontillado, very dry and light in color. It sells for much more than any other Sherry.

With the fish comes a Sauterne, Hock or White Burgundy. Too much care cannot be exercised in procuring good claret. A large proportion of the wine sold in this country is merely *vin ordinaire*, or secondary wine. The prime growths fall far short of the demand which prevails for these wines all over the world. The best red Burgundy is the Romanée Conti, and the best white the Montrachet. But good vintage of Pomard, Volnay, Nuits and Chambertin are excellent. Burgundy, however, is a wine of which only a small quantity should be drank, as it is very heating. The very best clarets are Chateau Lafitte, Chateau Margaux, Chateau Latour, and Haut Brion. The second class of claret wines is composed of the Mouton-Rothschild, Rauzan, Léoville, Durfort, Gruand-Larose, Brane, Pichon-Longueville, and Cos d'Estournle Even. these bring fancy prices. Lower in the scale comes

Chateau d'Issan, Margaux, Ferrière, St. Julien. The wine of first quality, when mature, ought to have a beautiful color, much firmness, a very agreeable bouquet, and a flavor which embalms the mouth, strength without being intoxicating, and body without harshness. The Burgundies, contrary to the generality of French wines, are improved by a sea voyage.

With the roast serve a claret, Burgundy or Champagne. These wines may also be served with game, Claret preferable. Champagne, unlike Burgundy or Claret, is a wine always improved by ice. The chief characteristic is its exquisite delicacy of flavor. There is no difficulty in securing a fairly good Champagne. In this country one can choose from four or five popular brands, any of which are good. It should always be served very cold; never higher than forty degrees. Ice must never be put in the wine, but packed around the bottle. Champagne *frappee* is exquisite and refreshing. This is made by freezing the wine in the bottle with ice and salt packed around it until it has the consistency of snow. Some sort of punch may be served after the roast, such as Victoria, Cardinal, Kirsch or Roman. With the *entrées* come Champagne, Claret or Burgundy.

Serve a Champagne with the salad. Wine is not essential with the dessert, though perhaps a good Hungarian might be given. The Tokay is exquisite. In France Malmsey and Malaga wines are offered usually, and in England the white and red Constantia and Frontignan are frequently produced.

Before the fruits, nuts and raisins are brought on, small cups for coffee should be passed.

While not under the head of wines, a slight digression

may be pardoned for a word about coffee. For three centuries a more delightful, innoxious, or exhilarating beverage has not been brought to light. In extreme heat or cold, no drink for steady use compares with it. But it is not justly appreciated, and for good reason — nine cases in ten it is improperly made. The Turks, who easily bear the palm as coffee-makers, do not grind the berry in a mill; they pound it to a powder in mortars. Housewives or careless servants are prone to either grind the coffee too coarsely, or, worse still, buy it ready ground, in which case the aroma is likely to have totally evaporated. The fact is, the finer coffee is ground the better it is, and it ought to be ground immediately before use. Then, the berry should be roasted, not burnt. If you want perfect coffee, remove the berry from the fire the moment it crackles, and wrap it in several folds of flannel to cool. This preserves the essential oil. When it is cool, place it in an air-tight canister. Sufficient for the day should be the coffee thereof. In France they usually make coffee *à Dubelloy*, which consists in pouring boiling water on coffee placed in a porcelain or silver vase pierced with small holes. This is poured off, heated to boiling point, and passed through again. The result is coffee as clear and exquisite as any one could wish for. A full-sized teaspoonful of coffee should be allowed for each guest in making the small after-dinner cup of coffee.

With the fruits many families introduce some old Madeira, but it is not an essential. After which, the coffee, very hot. Any liqueurs may be served, according to one's judgment.

It may not be generally known that there is no alcoholic neutralizer more potent than coffee.

The order in which wines may be served is, like the character and arrangement of the *menu*, capable of infinite variety, but the directions just given will answer under any circumstances. For convenience the following is subjoined:

Raw Oysters — Sauternes, Hock, Chablis.
Soup — Sherry or Madeira.
Fish — White Burgundy, Sauternes, Hock.
Roast — Burgundy, Claret.
Kirsch, Victoria, Cardinal or Roman Punch.
Entrées — Champagne or Claret.
Game — Champagne or Burgundy.
Salad — Champagne.
Dessert — If any wine, Hungarian, Port or Madeira.
Coffee, Liqueurs, Cognac.

The greatest attention must be paid to the temperature of the wine. Much depends on it not being too warm or too cold. Champagne must always be served cold, and the colder the better. Never put ice in any wine. If coldness is desired, pack salt and ice around the bottle.

Chablis, Sauternes, Chateau Yquem, or other white wines with a body, should be made considerably cooler than the room where they are served. Sherry should be kept in a dry, cool place, and drunk at the natural temperature, or a trifle cooler. Clarets are generally served at the temperature of the room, and Burgundy a trifle warmer. Some people like their Burgundy quite warm. In this case wrap it in flannel near a range. This also applies to the Bordeaux. Sherry and Rhine wines should be served cold.

In serving wines only fill the glasses about three-fourths full. It is not in good taste to exceed this, and it will prevent the soiling of dresses and the spilling of wine on the table.

Remember always that the main point to be considered in selecting wines, is their quality. This is a matter not only important to the palate but to the health of the consumer, especially in these times of chemical adulteration. Buy your wines of a merchant of position, one of acknowledged character and integrity, and you will stand a fair chance of getting a good article, although you may pay what is called a long price for it. The average man of to-day cannot be expected to devote himself to the study of wines, and it is certain that unless he gives his days and nights to it he will have to rely on the honesty of the merchant.

And now a word to those who are fortunate enough to be able to keep a considerable quantity of wine at home. A great deal of wine, good and middling, is spoiled beyond redemption by being deposited in bad cellars. Many people never give a thought as to where their wine is kept. Yet this is a matter of essential importance, if the master of a household consults his own health or the health of his guests.

A wine cellar should be neither too hot nor too cold. It should not be near the kitchen nor the laundry. It should not be exposed to changes of temperature. The fine and more delicate wines grow ropy, sharp or turbid when stowed away in unfitting locations. Light wines require a colder cellar than the strong wines, but, as a general direction, the temperature of a cellar ought to be about fifty to sixty-five degrees. The situation should be low and dry. Ventilation is a necessity. All wines, especially Champagne, should be closely laid on laths, and never placed on their bottoms, as from this cause the wine will speedily loose its effervescence.

BREAKFAST, LUNCHEON, TEA AND FAMILY DINNERS.

Air your dining-rooms. The girl should be instructed to open the windows and close the doors of the dining-room the first thing in the morning. Five minutes' contact with the sweet morning air will effectually dissipate all disagreeable odors caused by the closing of the room during the night.

The breakfast table may be covered with a white cloth or a colored one. The latter may be any one of a hundred varieties. But the dinner table-cloth must always be white. For breakfast, dainty colored doilies are preferable, as well as at luncheon or tea. The only napkin allowed by fashion for the more formal dinner, however, is the large damask, hemmed. For the lighter meals, bright touches of color are to be desired. For luncheon, it is not essential that any table-cloth be used, particularly if you have for a dining table one with a hard polished top. Large fringed napkins may be spread at each plate.

The dining-room should always be curtained with some such material as Swiss muslin or the more expensive China silk. The light should never be brilliant, but subdued. If the scene from the dining-room windows is a disagreeable one, care should be taken to always draw the curtains at meal-time.

There is much discussion as to the changing of napkins. Some decry napkin-rings, because it is proper, they say, that a clean napkin be served to each person at every meal. For any family, however well to do, this is an entirely unnecessary expense. To say nothing of the fearful laundry bills this entails and the number of napkins necessary to keep in stock, the extra trouble is

too burdensome not to be avoided if possible. Besides, it does not pay to laundry good napkins so frequently. To change napkins once a day is amply often. Sparing accidents, a napkin may be used two or three times without becoming noticeably soiled. However, the matter is purely discretionary.

Always try to have flowers on the table. Even a little bunch of nosegays or daisies will brighten things wonderfully. For dinner they are almost a necessity, created by fashion, and there are still better reasons for the morning meal. Most people come to the breakfast table with listlessness and jaded appetites. They wouldn't be so if they had gotten up an hour or two before and taken a brisk two-mile walk, but they haven't. So the dining-room, the breakfast table and its appurtenances cannot look too inviting.

A butter plate, goblet or tumbler and a salt-cellar should be at each plate. If individual salt-cellars are not used, a cruet or the modern "shaker" should be placed at each corner of the table. The big, ungainly caster in the center of the table is out of date. Do not place the tumblers bottom end up. It is an obsolete custom, and one which never had a foundation in reason. If it was done to avoid the accumulation of dust, the same would apply with equal force to everything on the table.

The knife should be placed at the right of each plate, with the edge laid toward it—the fork on the left side. The napkin is placed on the left.

The tea tray is set in front of the mistress. The butter, ice and cream should already be on the table. The same arrangement answers for the lunch and tea

LILA CAVANAUGH.

table, except that for tea a white cloth is in the best taste.

Every housewife should strive for those deft touches which distinguish the home dining table from the boarding house. It costs no more to make things bright and cheery than otherwise.

Would a wife be pleased to see her Benedict saunter down to the breakfast table with unshaven face, no coat or waistcoat, and a soiled shirt? But many a wife presents herself in even less inviting array. Don't sit at breakfast with hair in curling papers and in a slatternly gown. It is not true that

"Beauty unadorned is adorned the most,"

except the beauty is something extraordinary, and Venuses are rare. All these things are to be considered, for the eye plays nearly as important a part as the palate in the pleasures of the table.

The breakfast begins with fruit, oranges, bananas, or apples, and in season, melons, berries, peaches, cherries, etc. All that is needed with the fruit is fruit plates, doilies, knife and finger bowl. These are then removed, and plates holding saucers for oatmeal, cracked wheat or other porridge are then put on. Milk and cream should be passed to guests, but for children it is perhaps advisable to use your own discretionary powers.

The solid foods come next, such as meat and eggs. The plates are again changed, this time heated. They are placed in a pile in front of the head of the house, who waits on each person in turn.

The plates at luncheon are usually changed but once. This is when the transition is made from the solid food to

the sweet. Of course, this depends entirely upon the food.

But little formality is practiced; the guests, if any, wait on themselves mainly.

A few directions regarding the "family" dinner, to distinguish it from the more formal one mentioned elsewhere, may not be amiss.

The table cloth should be immaculately white, always. Occasionally a freak of fashion sanctions some color in silken center pieces or sashes gracefully arranged, but white is in good form at all times. Don't overlook the flowers. The brighter they are the better. Remember that the table should not be crowded. Where the meat platter is to go a large fringed napkin should be spread. All the small silver should be placed on the table at once. The knife and fork for the second course, a fork for the salad, and next a spoon for the soup. The napkin may be laid either to the left or in front of the plate, with a piece of bread between its folds. In addition to these are the butter plates, the tumblers or goblets, the salt cellars and cruets. No caster. The ice bowl and water caraffe are placed on a side table. With oysters, lemon or vinegar should be served. Five oysters are an ample number for each plate. After this course, the soup tureen, with ladle and soup plates, are set before the host or hostess, who thereupon serves the soup. This, of course, is only done at a family dinner. The soup plates are set in plates which have already been placed before each person.

The meat comes next. One roast is always sufficient for a small dinner. If you have two, let one be white, and the other brown. Hints on carving will be found elsewhere.

The vegetables may be passed by the waitress to each guest on either small plates or the large ones, containing the meat. The vegetables may be placed on the table after being passed once, but the better form is to return them to the side table.

When the second course is removed, a clean plate is applied at each place. The salad bowl is set in front of the mistress. After the salad is served, the waitress will pass crackers and cheese.

After this remove everything except the flowers, small silver and glasses. Take the principal things away first, the dishes, plates, then small pieces, cruets, salt cellars and the like.

Then the dessert dishes are distributed, and the hostess supplies to each, after the same manner as the soup.

Don't allow any unnecessary noise. Nothing destroys the harmony of a dinner so much as the chattering of dishes. Insist on the waiter or waiters wearing light shoes. Serve the food daintily and hot. Cut all cold meats neat and thin. It should go without saying that pastry should not be given to children.

Afternoon teas. These are usually affairs in which the dollar mark is thrust unpleasantly near our faces, and require long purses, but the housewife of modest means can give a very charming and pretty entertainment with little money, if she exercises a little judgment, and avoids pretentiousness. She can give a delightful little dinner with oysters, soup, some simple entrée, such as croquettes or patties, a roast, some salad, dessert, and coffee. No elaborate *menu* is necessary. In these days table furnishings are both cheap and pretty. Plain white china is always in good taste. It is well to bear in mind, when

counting the cost of entertaining, that a few women are much more certain to have a good time than a large number. For an afternoon tea it need not be necessary to serve a dinner as elaborate as the one just mentioned. With tea, coffee and chocolate, bread and butter, sandwiches (cut thin and in triangles), and some light cake, could be made a charming lunch. Some study and experience is of course necessary to prevent people from becoming bored, but a little tact goes a great ways.

For any sort of entertainment see that your help are well trained. Of course, if you live in a city, and can afford it, a caterer may be employed for the occasion who will leave nothing to be desired, but this is a privilege that all are not in a position to enjoy.

Prepare a bill of the dinner or lunch, and put it up in a convenient place where it may be consulted by the help. You might also get up a list of the tableware needed. In a small household, don't waste the stray bits of dishes left over. Meat left in this way may be used for salmis, scallops and a dozen things. Stale bread can go into puddings, desserts, etc.; cold rice and macaroni go into soups; cheese may be used for Welsh rarebit. Beets make excellent salad, and scraps of washed potatoes can be transformed into potato puffs or *purée*.

CARVING.

It is by no means a slight accomplishment to be able to carve properly and gracefully. The Romans at the time of the empire understood this matter. It was taught in the schools, and a high degree of perfection was attained. The French know more about it nowadays than any other people.

There are no serious difficulties in learning how to carve, and, with a little study and patience, any one may quickly learn to perform the task with sufficient skill to at least avoid remark, and every head of a household ought to make it a study. It is not an easy matter to prepare a good dinner, but it is an easy matter to spoil the effect by negligent carving.

All exertion is in very bad taste. It either indicates your lack of dexterity as a carver, or toughness of the roast, or age of the fowl. It is not difficult to carve fowls, and in roasts, loins, breasts, forequarters etc., the butcher should always separate the joints.

The platter should be placed so that the carver has full control of it, and thus avoid ungracefulness. Use a keen, sharp knife.

In carving a turkey, place the head to the right, cut off the drumstick, sidebone, next the wing, then the second joint, and slice down the breast until a rounded white piece appears, which you can separate from the bone by sticking the blade between. This is one of the best parts of the fowl. Then turn the bird the other way — the fork need not be removed from the breast bone during the entire operation — and perform the same operation on the other side.

Serve each person with a piece of the dark and a slice of the white meat.

A capon, partridge or large chicken may be carved the same way.

Small chickens are usually served in halves, either cut straight down the breast bone or crosswise.

As a rule, only the breast of the partridge is eaten, the legs being too bitter. Stick the fork straight in the

breast bone, cut a slice from the outside breast, then cut close along the breast bone and around the wing, pushing all the meat from off both breasts. The grouse may be usually carved in the same way. Generally, however, birds and small fowl are served simply in halves.

Only the breast of the canvas back duck is eaten. Stick the fork straight and firmly into the middle of the breast bone. Then carefully cut off the meat from the breast, either in one or two thick slices, or thinner. Other kinds of ducks, such as redhead and mallard, are carved the same way. Small birds, squab, snipe, plover, woodcock, etc., are usually served whole. No carving is necessary.

Roast Beef.— When the rib-beef is well roasted take it from the oven and put in on a hot dish with the rib bones downward. Cut off just a little of the crust from the top. Stick in the fork slantingly near the edge, and hold it firmly with the left hand, while with the right evenly cut small slices, one third of an inch thick, down to the rib bones. Then cut underneath to separate the slices, and serve.

A saddle of mutton, lamb, or venison should be first carved lengthwise, then, crosswise down. Be careful to stick the fork firmly in the saddle, and use a very sharp knife. Keep close to the bone, and when the piece is detached, cut crosswise into small pieces half an inch or more thick.

In carving roasted leg of mutton, begin with small, thin, even slices about a quarter of an inch thick diagonally down to the bone. Continue this until you come to the end bone, then cut lengthwise underneath to the end. The meat is much thinner on the under side. Carve here

diagonally, and serve a piece from either side. The roasted leg of lamb is carved in the same way.

Tongue should be carved as thin as a wafer. It is much more appetizing cut in that way. In fact, the same statement applies to roast and boiled meats in general. Cut these meats — except mutton — too thin rather than too thick.

The center slices of the tongue are considered the best.

A loin of veal or mutton should be jointed by the butcher before cooking, and the carver can easily cut through the ribs.

Some practice is needful in serving fish. Lightness of touch and dexterity of management are necessary to prevent the flakes from breaking. In serving shad a part of the roe should be placed on each plate. The turbot is placed underpart uppermost on the platter, for the best part of the fish is that underneath. The fins are much sought for. In serving salmon a portion of both sides should be tendered. The flavor of the fish nearest the bone is not equal to that on the upper part.

CHOOSING FISH, GAME AND VEGETABLES.

Fish of all sorts is best when short, thick, well made, bright in the scales, stiff and springy to the touch, not flabby, and the gills of a fresh red. When the gills are not bright and fresh red-colored, the fish is not eatable. Salmon, bluefish, pike, lake and brook trout, bass, red snapper, kingfish, and fish of that order are not good when the eyes are sunken, the fins hanging and the gills grown pale. When stale, any fish is exceedingly unwholesome, and should be carefuly avoided.

Lobster should be chosen by its weight, alertness, and fresh smell. The tail should be stiff and springy, and the sides firm. Those weighing three or four pounds are the best, if there is no water in them. When freshly caught there is some muscular action in their claws, which is excited by pressing the eyes. If stale, the lobster has a heavy, muggy smell. Lobsters should not be shipped any distance alive, but should be boiled before being shipped. A lobster that has died before going into the boiling pot is unfit for food. If the claws are drawn up rigidly, it is a good indication, but, if they are limp and sprawling, the lobster was dead before being put in the boiling pot. Crabs and shrimps may be chosen in the same way. Always choose the largest and heaviest crab you can find. Soft-shell crabs are in season from May to September. They should not be dead when put upon the fire. They should be killed by the operation of cooking. One of the most palatable ways in which they may be cooked, is to roll them in flour, and drop them in boiling fat — like a doughnut.

Herrings and mackerel are unfit for the table when faded, wrinkled or pliable.

Coming from cold waters, no fish keeps better than the Lake Superior whitefish and trout, unless it is the salmon. The former is the better, being delicate and luscious in taste and having few bones. It greatly resembles the shad, and is not surpassed by any large fresh-water fish. The pickerel, bass and wall-eyed pike of the inland lakes are also admirable fish, and can be shipped, packed in ice, so that they reach the market as fresh as could be desired. Lake Superior trout is the best fish for boiling.

Fresh fish should be scaled and cleaned on a dry table, not in water. No more water should be used in cleaning them than is really necessary. If frozen when brought from market, thaw in ice-cold water. Do not, however, use frozen fish at all if you can avoid it. Eels must be dressed promptly, or their sweetness disappears. They are good except in the warm summer months.

If pepper be sprinkled over meat — to be washed off when ready for cooking — it will prevent it from tainting as quickly as will powdered charcoal. Don't put meats on ice, put them near the ice. It is the cold air formed by the ice, not the ice itself, which preserves.

The best beef may be known by its smooth, medium grain, an agreeable carnation color, delicately marbled with streaks of fat. The flesh should look red, and the suet white, and the fat of a light straw color. High-colored, coarse-grained beef, with a deep yellow fat, should be rejected. Steer-beef, not to exceed three years old, will be found the best. It is more economical, as well as more toothsome and good. That of fatted cows and oxen, while much used, is not desirable. Bull-beef should never be purchased, being clammy, rank and closely grained. The fat is rank, skinny and hard.

All beef should be hung in a cooling house, not less than three weeks before being used, and, if properly cared for, will be free from mold or any taint.

Formerly the tenderloin was regarded as the choicest portion of the steaks, but the sirloin in the best beef is now considered superior. The tenderloin lies under the short rib, is close to the backbone, and is generally cut through with, and is part of, the porterhouse. If a tenderloin is wanted, it may be secured by buying an edge-

bone steak. This, after the tenderloin is removed, is equal to the sirloin. There is a part of the round, known as the top round steak, which is a hearty as well as economical steak, and is sometimes called the tender round. Rump steaks, if from good beeves, are excellent.

Veal should never be from calves less than four weeks old. If younger, it is unfit, and, if older than two months, it is apt to be poor from lack of nourishment. Grass diet changes the flesh, and it becomes less juicy. The kidney will show the feeding and condition.

Mutton is at its best when one year old, and should be short and thick, and weigh fifty to sixty pounds. The breed known as Southdown is best. The test of excellence is the color. The lean portions should be of a bright red, and the fat white, and not yellowish. The mutton or lamb will prove the best the legs and shoulders of which are short-shanked. In the choice of lamb, observe the eye. It should be bright and full, not sunk or wrinkled. The longer mutton is hung up, provided it does not taint, the better it is.

Great care should be exercised in buying pork. If diseased or ill-fed, no meat is more injurious. The lean should be fine-grained and white. The fat should also be white. A thin rind is a good indication in all pork, a thick, tough one, not easily impressed by the finger, is a sign of age. The lean of young pork will break on being pinched. Measly pork is easily distinguished by the fat being full of kernels. Rusty bacon has yellow streaks in it. Fresh pork is not much eaten in warm weather. As to bacon and ham, observe whether the smell be fresh, that the fat and lean be clear and not streaked with yellow. In buying bacon, observe also

that the fat feels oily, appears white and does not crumble, and that the flesh is of good color and adheres to the bone.

As to the poultry, it may generally be remarked that cultivated fowls are the best. Good fowls are short, plump, broad in the breast and thick in the rump. A hen is old if her legs and comb be rough. Young poultry may be distinguished by the pellucid appearance and peculiar feel of the flesh, and by the flexibility of the breast bone. The feet and bill of a young goose are yellow ; they turn red as the bird grows old. If fresh the feet are supple. If stale they are dry and stiff. Young ducks feel tender under the wings, and the web of the foot is transparent Tame ducks have yellow legs, wild ducks reddish ones. In pheasants and quail yellow legs and dark bill are signs of a young bird. Pigeons should be fresh, fat and tender, and the feet pliant and smooth. The eyes of prairie chickens are full and round when young, and the breast bone is soft. Snipe and plover may be chosen by the same signs. Partridges taint first in the crop, and you should open its bill and notice the odor. If the bill is black and the legs yellow the bird is young ; if the bill is white and the legs have a bluish cast the bird is too old for the table. When pigeons grow red-legged they are old. The capon is known by a short and pale comb, a thick rump and breast, and a fat vein on the side of the breast. When young the spurs will be short and the legs smooth.

The choice of venison should be governed by the fat, which, when the deer is young, is thick, clear and close, and the meat should be a reddish brown. It taints first near the haunches. The flesh of a female deer about three

years old is the best venison. You can tell an old rabbit by its long, rough claws and gray hairs. If young the wool and claws are smooth. If stale, it is supple and the flesh bluish; but, if fresh, it will be stiff, and the flesh white and dry.

Vegetables are crisp when they are fresh; they are stale if they bend and have a wilted appearance. The latter can be remedied somewhat by putting them in a cool, dark place and sprinkling cold water on them. Celery stalks should be white, solid and clean. Egg plant should be firm rather than ripe. Peas should be bought in pods, and should be cool and dry. Those that are rusty and spotted should be avoided.

There are a number of ways to judge of eggs. One way is to drop the egg in a pan of cold water. The fresher the egg, the sooner it will fall to the bottom. If bad it will float on the top. The best way to keep eggs is in bran or meal, turning them frequently. Salt will preserve them in any climate, if properly packed.

In selecting cheese, beware of too much swelling. The test of good cheese is its moist, smooth and cool feeling.

This country is better equipped with raw food materials than any other on the globe, not only as regards variety but quality, and there is no excuse for monotony in *menus*. It should also be remembered that money alone cannot provide wholesome and appetizing dishes. Personal care and good taste must be enlisted.

Do not consider the work of giving a dinner practically finished when the food is selected, the *menu* prepared and the dishes successfully cooked. Quite as many details arise and claim your attention after you cross the

line from the kitchen to the dining-room as before. You have labored to please the palate; now you must labor to please the eye. Cookery, it is true, is the gastronomical branch of chemistry, an art as well as a science, and worthy of the loftiest endeavors, but no amount of skill in this direction can compensate for an unsightly array of ill-arranged dishes. The art of dining is not alone to satisfy such personages as that Roman Emperor whose only desire was to see how much he could eat, and how often; but it is to bring satisfaction to other senses than that to which it is the special mission to minister. "A studied attention to the room, the table, and the serving of the courses, adds greatly to the success of a dinner."

There is some diversity of opinion as to the proper shape of the dining table. The English maintain that it should be round or oval, but the Americans usually employ the rectangular form. A table for eight persons should be eight feet long. Under the cloth should be a piece of green baize, heavy canton flannel, or a woolen cloth. This will deaden the sound of the dishes and preserve the surface of the table. A large napkin should be spread under the platter if any carving is to be done. The table-cloth, of white linen, should not be so large as to discommode the guests. See that the napkins are not laundered too stiffly. Take care that the table is firm on its legs, and not unsteady. It should be placed directly in the center of the dining room, under the chandelier.

Flowers should never be omitted. It is difficult to have too many of these. Fashion has set the limit of "good form" so high that it is seldom overleaped. A large bouquet or basket should be placed in the center of the table, and a bunch tastily tied with ribbon, on the

right of each cover for the ladies, and a *boutonnière* or bud for the gentlemen. Another pretty form is to place all the flowers in the center of the table, to be distributed to the guests after the dinner has been served. There are innumerable other designs for the arrangement of flowers with or without ribbons. But this is a field in which the average American lady, with her artistic intention and love of the beautiful, needs no guidance.

The knife for the fish, soup spoons and oyster forks should be placed to the right, and a fork to the left.

Don't crowd the table. Nothing looks as unbecoming as a table heaped with all sorts of useless articles. For this reason the monstrous centerpiece which was once in vogue has disappeared. Everything on the table should be of use or of esthetic worth. All floral ornamentation should be low, in order that the view may not be obstructed. The decanted wines included in the *menu* are placed on either side of the flowers in the center, and the small wine-glasses for the guests are arranged on the right of each cover, and a salt cellar is placed on the left.

It is no longer in the best taste to fold the napkins into fantastic shapes, although it is still done occasionally. The more becoming way is to fold them squarely and simply.

A printed *menu* may or may not be placed at each plate, or the *menu* may be written, if the guests are few in number. It is more homelike and quite as proper not to have any *menu* cards at all.

There are, of course, as many *menus* and manners of serving them as there are fish in the sea, but that the reader may form some idea of the usual mode of placing a first-class dinner before guests, the following *menu* will be

taken for an example. This is a dinner particularly appropriate to Thanksgiving day:

Blue Points. Montrachet.
Celery.

Cream of Terrapin. Amontillado.

Hors d'œuvres Variés.

Planked White Fish Schloss Johannisberger.
Parisienne Potatoes.
Cucumbers.

Timbales of Sweetbreads, a la Toulouse. Champagne.

Roast Turkey stuffed with Marrons.
Anna Potatoes. Chateau Mouton Rothschild.
Cranberry Sauce.

Kirsch Punch.

Canvas-back Duck. Romanée Conti.
Hominy Fritters.

Artichoke and Celery Mayonnaise.

English Plum Pudding, Brandy Sauce.

Noisette Panachée. Cakes.
Biscuits. Cheese. Fruits. Old Port.
Coffee. Cognac Liqueurs.

The waiter should be notified as soon as the guests arrive, in order that he may have time to prepare the oysters. These should be served on the shell in a soup plate or other deep plate filled with shaved ice and covered with a small fancy napkin. Have the oysters opened and served on deep shells, arranged neatly on the top of each plate, with half a lemon in the center. The oysters should be placed on the table a few moments before the

guests sit down. Serve celery and Montrachet immediately after. The plates should never be removed until all the guests have finished. Then remove the oyster plates, leaving the dinner plates. The soup comes next, and with this course serve Amontillado. Stuffed olives, anchovies, radishes, mangoes and similar dishes are *hors d'œuvres*, and should be served as soon as the soup plates are removed.

A planked whitefish nicely garnished should now be placed on the table before the host. Serve a small portion to each guest, with a spoonful of Parisienne boiled potatoes on one side, and a piece of lemon on the other. At the same time serve cucumbers in individual plates. Schloss Johannisberger is served with this course.

Remove the plates, and serve Timbales. Put a spoonful of sauce on each plate, then a timbale. Have both very hot. Also serve Champagne.

The turkey, artistically garnished, should now be brought in on a large platter, and placed before the host. Serve in each plate a piece of the white and a piece of the dark meat, with gravy over the dressing. The cranberry sauce may be set before each guest in small sauce plates. Have two dishes of Anna potatoes, cut in small portions, passed about to the guests. Then serve the Chateau Mouton Rothschild.

Then remove all the dishes used with the previous course, and bring out the Kirsch punch, either in glasses, shells, or fancy cups. Arrange them on cold dessert plates with a fancy napkin or paper underneath.

The canvas-back ducks come next. Serve them on hot plates to each guest, half of a breast with a little gravy, and a hominy fritter. This course should be

MINNA K. GALE.

brought to the table thoroughly hot. Serve Romanée Conti. On each salad plate put a lettuce leaf, and on it an artichoke heart dipped in French dressing and filled with celery mayonnaise. Serve very cold.

After this remove everything from the table except the flowers, bon-bons, etc., and serve the plum pudding. Pour brandy around the pudding on the platter, spread powdered sugar on top, set fire to the brandy, and, with a spoon, keep pouring it over the top until it ceases to burn. Cut in slices and serve, putting some of the liquid on each plate.

Ice-cream, "noisette panachée," should be served, with ice-cream forks, after the pudding. Small assorted cakes should be passed at the same time.

Then remove the plates, and place before each guest a dessert plate for fruit, crackers or cheese. Old port is served in small glasses at the same time. While the finger-bowls — with a little peppermint water, or water with a geranium leaf in it — are being used, place on the table small cups for coffee, which should be served very hot. Cognac and liqueurs complete the dinner.

BREAKFAST.

Prepared by Kinsley's.

MENU.

Melon.

Frogs au Beurre. Cucumbers.

Lamb Chops Broiled. Pomme Sara.

Coffee. Eggs en Bechamel. Rolls.

Frogs au Beurre.— Cleanse the frogs' legs in cold water, then in fresh water with a little salt and lemon juice, wipe dry, roll in flour, put them in a frying-pan in melted butter, and cover the pan. Let them cook for five minutes till they are nicely browned on both sides.

Cucumbers.—Peel them deep, and slice them carefully. Half an hour before using them put some vinegar and salt on them. Stir them well, and keep them in a cool place. Just before using them press out all the vinegar and water, add a little fresh vinegar and salt if needed, and dress them with oil and pepper. They should be well stirred and served very cold; dress with vinegar.

Lamb Chops, Broiled.—Cut the chops from the loin of lamb through the kidney, broil, and baste with butter and salt.

Pomme Sara.—A potato, cut with a peculiar knife used for the purpose; can be fried or boiled.

Eggs en Bechamel.—Poach the required number of eggs, and serve in a deep dish in Bechamel sauce. Garnish with cress.

Bechamel Sauce.—Melt an ounce of butter in a sauce-pan, add an ounce of flour, and mix well together, add an onion cut in slices, half an ounce of lean raw ham, and a small portion of salt and pepper. When beginning to color, slightly moisten with a pint of milk, and stir well until boiling, after which let boil ten minutes longer. Strain and serve.

CHOICE RECIPES.

Furnished by Kinsley's.

MENU.

Cream of Celery.
Boiled Sea Bass. Drawn Butter.
Potatoes a la Duchesse.
Roast Leg of Mutton. Currant Jelly.
White Turnips.
Mashed Potatoes Browned.
Bird's Nest Pudding.

Soup.—Select a dozen nice fresh celery, pick out the choicest part for your table, the larger outside pieces and

the root will do for the soup. Remove all the leaves and the green part, wash well, and cut up in small pieces and put in a saucepan. Cover with cold water and a little salt, and let boil, then add about one quart of good beef stock, and let boil for an hour; then strain, and rub the celery through a fine sieve, keeping the liquor hot. Put in another pan six ounces of good butter; when melted stir in four ounces of flour, fry a little, and then dilute with the celery stock, adding a pint of cream, and bring to a boil. If too thick, add a little more stock; season with salt and white pepper and a little ground mace. Mix the yolks of three eggs with one-third of a cupful of cream, and stir rapidly in the soup; strain again and serve. Small pieces of bread, cut in dice size, and toasted, may be served with the soup.

Boiled Sea Bass (*Drawn Butter*).—Procure two good-sized sea bass, cleanse and dress well, and put them into a fish boiler with salted water and a gill of vinegar; cover with sheet of paper, set to boil, and let simmer for half an hour. Drain and dish up on a folded napkin, surround with parsley, and serve with drawn butter in a sauce-bowl. The drawn butter sauce is made by melting, slowly and without boiling, a half-pound of table butter in a sauce-pan, skimming carefully, and mixing in thoroughly the juice of half a lemon and a sprinkling of pepper.

Roast Leg of Mutton (*with Currant Jelly*).— Cut the shank bone, and trim the knuckle of about an eight-pound fat leg of mutton, beat with cleaver to break the fibers and make it more tender. Roast briskly for about an hour and a quarter; dish up without thrusting any instrument inside, lest the juice should escape, and, after pouring a little rich gravy (made with the drippings) over

the meat, serve with a mold or glass of currant jelly turned on a plate.

White Turnips.— Peel some nice fresh white turnips, and, after, cutting them in quarters, put to stew in cold water, and, when about done, finish boiling in milk with salt, a little red pepper, a piece of butter and serve plain.

Mashed Potatoes (*Browned*).—Fill the dish you intend to serve the potatoes in with mashed potatoes, and, after smoothing the top and besprinkling with good butter, put on the shelf of a hot oven till browned, and then serve.

Bird's Nest Pudding.— To make pudding for half a dozen persons, pare and core six medium-sized apples, and put them in a dish about one and a half inches deep, and pour in the dish a custard very near to the top of the apples, and let bake in a moderate oven. After they are baked, fill the apples, where the core is taken from, with jelly, and put a meringue over the pudding in fancy shape, brown in the oven again for a minute, and serve. For the custard, stir together four eggs and four yolks of eggs, a cup and a half of powdered sugar, a quart and a half of milk, and flavor with vanilla. For one meringue, beat the whites of four eggs, and, when stiff, add half a cup of pulverized sugar.

Lyonnaise Potatoes.— Cut an onion in half, trim the ends and slice it finely, and put the pieces into a frying-pan with two large spoonfuls of clarified butter, and fry it lightly. Then add half a dozen small boiled potatoes, cold and sliced, season with salt and pepper, and toss them over the fire until slightly browned. Strain the butter off, and before serving add a little finely chopped parsley. Another manner is to chop the onion very fine and fry a little in butter, cut the potatoes in dice-size pieces,

and toss until brown, and add the chopped parsley before serving.

CHOICE RECIPES.

Furnished by Kinsley's.

Purée of Green Peas.

Baked Red Snapper. Tomato Sauce. Cucumbers.

Roast Quail Stuffed.

String Beans. Mashed Potatoes.

Rice Pudding.

Coffee.

Purée of Green Peas.— Obtain two cans of American peas, and, after straining, put them in a saucepan, adding a slice of raw ham, an onion stuck with a few cloves, cover with a gallon of good beef broth, and let boil for an hour. Then remove the ham and onions and press the soup through a fine sieve and put to boil again, adding one half a pint of hot cream, and season with salt and pepper. Beat the yolks of three eggs with half a cupful of cream, and stir the mixture briskly into the soup, putting in also a third of a pound of good butter, and stir again until the butter is melted and thoroughly mixed. Sprinkle over the soup a little chopped parsley, and it will be ready to serve.

Baked Red Snapper. — Clean a red snapper of medium size, and place it in a buttered pan. Cover the fish with tomato sauce ; also put upon it small portions of butter, and sprinkle freely with bread crumbs. It is then ready for the oven, where it should remain forty minutes, or until the flesh becomes detached from the backbone. It should be served with tomato sauce poured over it.

Tomato Sauce.— Put in a saucepan one ounce of raw ham, a carrot, an onion, very little thyme, a bay leaf, two cloves, a small clove of garlic and one ounce of butter.

After these simmer for ten minutes, add an ounce of flour well mixed in one quart can of tomatoes and a glass of consomme or stock. Let all boil for one-half an hour. Season with salt and pepper and the least portion of nutmeg. Strain, and the sauce is prepared.

Roast Quail, Stuffed.— Clean, wash and wipe dry the desired number of quails, and stuff them with dry bread or meat stuffing; tie them securely so they will hold their shape, and put them in a pan. Season with salt and pepper; pour in a small quantity of water, enough to cover the bottom of the pan, and place a strip of bacon over each quail. Cover them nicely with a buttered paper, and let the quail remain in the oven for fifteen minutes, then remove the paper and return the pan to the hot oven, that the quails may be browned, turning them frequently. Serve on toast, pouring a little gravy over them ; the remainder should be sent to the table in a sauce-bowl. The gravy is made by putting in the dripping-pan in which the quails were roasted one pint of good stock, a large spoonful of beef bouillon, and letting boil for five minutes. Then strain and remove all the fat, and season with salt and pepper. Mashed potatoes make a good dish to accompany birds whose meat is dry and not juicy.

String Beans.— Take a can of string beans, strain off the liquid, wash again in cold water. Into a saucepan put a spoonful of butter, and then put in the beans. Season with salt and pepper, and, after the beans are well heated, they may be served.

Rice Pudding.— Wash six ounces of rice, changing the water several times; boil it in boiling water for ten minutes, then put it in cold water for a moment, drain it and put into a saucepan on the fire, with three pints of

milk, six ounces of sugar, a little grated lemon peel, a pinch of allspice, and a very little nutmeg. Let these simmer gently for an hour, and one by one four eggs should be added, and stir until well mixed; pour rice into a deep dish, previously buttered, and place in an oven until well colored, then remove it from the oven, put it on ice, and serve extremely cold.

CHOICE RECIPES.

Furnished by Kinsley's.

MENU.

Tapioca Soup.
Boiled Pickerel, with Melted Butter.
Boiled Parisienne Potatoes.
Roast Loin of Veal, German Style.
Lettuce Salad.
Apple Compote.

Tapioca Soup.— Prepare a good, strong soup stock, strain it, and let it cool; skim off all fatty substances, and season with a little salt and pepper. Put into this stock a few stalks of celery, one-half a bunch of parsley, and stir into it the whites of six eggs after beating them, also put in the shells after crumbling them. Place this preparation on the range, and let it come to a boil, stirring it often, as it easily burns. After permitting it to boil gently for five minutes, take from the range and strain the stock through a napkin into a clean saucepan. For four quarts of stock put in one quarter a pound of tapioca, and let it boil for forty minutes, when it will be ready to serve.

Boiled Pickerel.— Procure a fresh-water pickerel or pike about five pounds in weight, clean carefully, and tie the head to the body with a string, and put it in a narrow fish boiler with salted and acidulated water and a bunch of parsley. Put a sheet of paper over the fish, and let it cook

slowly for one-half an hour. Then drain it, slide the fish on a platter, garnish with lemons and parsley and serve with butter sauce in a sauce-boat. Parisienne potatoes, boiled, should accompany the pickerel, served on a separate dish.

Roast Loin of Veal, German Style.— In the first place a German stuffing should be prepared as follows: Parboil, cool and press the water out of two white chopped onions, and put them in a saucepan with four ounces of butter, and let fry until they become soft. Add a pound of white stale bread soaked in cold water and well pressed. Set these ingredients over the fire, and stir steadily until they assume the consistency of a paste, and do not stick to the pan. Add a couple of handfuls of boiled ham, cut in small squares, four egg yolks, a little chopped parsley and nutmeg, and a sprinkling of salt and pepper. Now bone a loin of veal, season it, and put the stuffing just made inside, sew the opening, roll and truss lightly, and place the veal in a moderate oven, and let it roast for two hours to a brown color. Drain, trim and put on a plate. Add a little broth to the drippings of the pan, skim off the fat, pour over the veal, and it can be sent to the table. The Germans invariably serve lettuce salad with roast veal.

Apple Compote.—Obtain a dozen large cooking apples, and, after paring, quartering and cutting out the cores, put the pieces in a sauté with four ounces of melted butter, twelve ounces of sugar, and a teaspoonful of ground cinnamon. Toss, and then stir them on a brisk fire until pretty stiff, without allowing to brown. Let cool, and put up in a dome form in a large compote dish, sprinkle with powdered sugar, brown all over with a red hot glaz-

ing iron, garnish with cuts of currant jelly, and the compote is ready to serve.

CHOICE RECIPES.

Furnished by Kinsley's.

MENU.

Oyster Soup.
Broiled Shad. Parsley Butter Mangoes.
Roast Turkey, Stuffed. Cranberry Sauce.
Roast Goose Stuffed with Apples.
Brown Sweet Potatoes.
Mashed White Potatoes.
Cardinal Punch.
Broiled Quail. Celery Mayonnaise.
English Plum Pudding.
Noisette Panachée. Apple, Mince and Pumpkin Pie.
Coffee.

Oyster Soup.— Two dozen and a half of the largest fresh shell oysters will be sufficient for eight persons. The oysters should be stewed in their own liquor, then strained, put in a soup tureen and kept warm. Melt in a saucepan one quarter of a pound of good butter, stir in a spoonful of flour, dilute with a quart and a half of hot milk, adding the liquor from the oysters. Let these ingredients come to a boil, season with salt and a little cayenne, and, after mixing one-half a pint of cold cream with the yolks of three eggs, stir the mixture rapidly into the soup. Let all become hot, but do not allow it to boil. Strain this prepared soup over the oysters, and the dish is ready to be served.

Broiled Shad.— Cleanse thoroughly, split open and trim a couple of shad, and place them on ice at least one hour before they should be broiled. Rub over the fish a little lemon juice and a little olive oil, and let them broil for twenty minutes over a hot fire. Place them upon a plate,

besprinkle with butter and a little chopped parsley, and, after garnishing with celery leaves and lemon, this palatable dish may be sent to the table.

Roast Turkey, Stuffed.— Clean and truss a large young turkey, stuff and roast for 2½ hours, baste often, make a sauce from the drippings in pan and serve in sauce bowl.

Stuffing.— Soak two loaves of stale bread in cold water; chop 1 onion, 1 can mushrooms, 1 doz. marrons, fine; put onions in pan with butter and fry light brown; add mushrooms, marrons, season with salt, pepper and sage; chop 2 doz. cooked oysters and add them; press soaked bread dry, and mingle with this mixture, add eggs, and stuff the turkey.

Roast Goose, with Apples.— Truss and singe a young fat goose, core some apples, rub the inside of the goose with a little thyme, salt and pepper, fill up with apples, and roast till done. Bake a few apples in pan with goose, and, when you are about to make the sauce from drippings, press apples through sieve with sauce. Baste goose often, but do not stick fork in the bird when turning.

Cranberry Sauce — This sauce can be made an ornament to the table also, instead of being served in the old-fashioned way. After the cranberry sauce is strained and boiled for twenty minutes with the sugar, put it in a mold, and keep it in an ice chest to cool. When the turkey is served, turn the jelly from the mold upon a plate to accompany it.

Broiled Quail.—Great care should be taken in broiling quail, for, if they are not properly cooked, they will become dry and tasteless. Let the quail broil slowly,

and baste them frequently with butter. Serve on toast with a small strip of bacon.

Celery Mayonnaise.— Cut some nice white celery into small, regular-sized pieces and mix with mayonnaise, not too thick.

English Plum Pudding.— Have the following ingredients ready for use: One cup each of small raisins, currants, layer raisins and chopped beef suet; one-half cup each of flour, molasses and brandy; one-half of a loaf of white bread, one tablespoonful of cinnamon, with a teaspoonful of allspice, and one-half teaspoonful each of cloves, mace and ginger, three-quarters of a pound of sugar, and half a dozen eggs. Soak the bread in cold water and squeeze it dry. Wash the fruit and keep it moist. Chop the suet very fine with flour. Put all the ingredients together in a bowl, mix them well, and let them remain over night. If it should be too stiff in the morning, add a little milk. Let the preparation steam for five hours. Turn out on a deep platter, pour a portion of brandy over the pudding, set it on fire and serve.

CHOICE RECIPES.

Furnished by Kinsley's.

MENU.

Tapioca Soup with Rice.
Fresh Mackerel with Wine Sauce.
Stewed Potatoes.
Boiled Partridge, Celery Sauce.
Broiled Potatoes.
Asparagus Salad.
Neapolitan Cream. Cake.
Coffee.

Tapioca Soup with Rice.— Prepare three quarts of good, clear beef broth, let boil, stir, and then drop slowly

into four ounces of pulverized tapioca, and let boil again for one half an hour. Cook separately six ounces of rice in white broth, drain, and put with the tapioca, and this mixture should be boiled a few minutes; then skim, season to taste, and pour it into a soup tureen. After mixing in a spoonful of chopped parsley the soup will be ready for the table.

Fresh Mackerel.—Cleanse, wash and wipe dry three fresh mackerel, and put them in a saucepan with a chopped onion, a little butter, a sprinkling of salt and pepper, a portion of parsley, and one-half a pint of white wine. Cover the pan, and let the fish cook slowly for one-half an hour. Then drain the fish, and add one-half a pint of white broth to the gravy. Knead two ounces of flour with two ounces of butter, and thicken the gravy with this mixture. After it is boiled for a few minutes stir in the yolks of three eggs, and then strain this preparation and pour it over the fish. The top of the fish should then be covered with fine bread crumbs and small portions of butter. Place the pan in a warm oven, and let it remain till the mackerel is baked to a light brown color. Remove it from the oven, press the juice of a lemon over it, and the mackerel is ready to serve in the baking dish.

Stewed Potatoes.—Cut the required number of raw potatoes in small dice-shaped pieces, and let them stew in salt water until nearly done. Pour off the water, and cover the potatoes with hot cream or milk and a spoonful of butter, and finish boiling them. Season with salt and pepper, and they may be served.

Boiled Partridge, Celery Sauce.—After nicely dressing four fat partridges, cover their breasts with thin slices of larding pork, and put the birds in a stew-pan with a

sliced onion and a carrot, a bunch of parsley, one quart of water and a little salt. Cover the pan, and let boil slowly. When they are done, drain the partridges, and dish them up on dry toast, pouring over them a thick celery sauce.

Celery Sauce.— Obtain two dozen celery, and clean well the roots and outer stalks, and, after cutting them in small pieces, put to boil in cold water, and let remain for an hour. Strain and press the celery through a fine sieve, and keep it hot. Put in a saucepan one-half pound of good butter, and, when it is melted, stir into it one large spoonful of flour, and dilute with the prepared celery stock, and season with salt and pepper. If too thick, add a little hot milk. Mix three yolks of eggs with one-half a teacup of cream, and stir rapidly into the sauce. Strain the sauce over the partridges, before sending them to the table.

Asparagus Salad.— Strain off all the juices from two cans of American asparagus, and put all the asparagus in cold water for a minute, and then arrange it in a two-quart brick mold, pour some French dressing over it, and put the asparagus in an ice-box. When it is ready to serve, carefully turn it from the mold upon a plate, that its shape may be preserved. A French dressing is made of one part vinegar, four parts of oil, and a little chopped parsley, seasoned with salt and pepper.

CHOICE RECIPES.

Furnished by Kinsley's.

MENU.

Mutton Broth, French Style.
Boiled Halibut, Fleurette Sauce.
Sliced Potatoes, with Cream.
Venison Steaks, with Olives.
Broiled Sweet Potatoes.
French Artichokes, Dressed.

Mutton Broth, French Style.—Pare a mature and not too fat fore-quarter of mutton, saving the chops for an *entrée*, bone the shoulder, tie it with a string, trim the breast, and put all except the chops in a soup pot with a couple of pounds of soup beef, a bunch of parsley, two carrots, a turnip, a head of celery, and onion with four cloves stuck in, and two gallons of water. Season with salt and pepper, set the soup pot over the fire, skim the broth well, and let boil slowly for two hours. The breast and shoulder can be taken from the pot and used for another meal as cold mutton or stew. Let the broth boil two hours longer, adding stock or hot water enough to make broth sufficient for the persons to be dined. Skim the grease from the broth, and strain the latter through a napkin. Cut thin sippets of French bread, and put in the tureen with one pint of cooked barley. Pour the boiling broth into a tureen, and it may be served.

Boiled Halibut.—Boil a piece of halibut, about four pounds in weight in salted water, acidulated with a glass of boiled white wine vinegar. Remove it to one side, where it can simmer for forty minutes on the range. Drain the fish, slide it on a plate, garnish with parsley, and it will be ready for the table.

Fleurette Sauce.—Fleurette is the first skimming of milk, and quickly comes to a boil. Knead in saucepan three ounces of butter with one ounce of flour, a little salt and pepper; dilute with one pint and a half of fleurette, hot, stir over the fire, and let boil a moment, and the sauce will be prepared.

Venison Steak.—Four venison steaks, weighing fourteen ounces each, will be sufficient for eight persons. Flatten them, pare a little, and season with salt and pepper,

baste with oil, and broil rare over a brisk fire. Stone and parboil three dozen olives; then drain and put in one pint of Madeira sauce. Dish up the steaks, pour over them the sauce and olives, and send to the table.

Broiled Sweet Potatoes.—Boil, let cool, and peel the number of large sweet potatoes required. Slit them in two or three slices, dip in melted butter, and place them in a double gridiron. Broil a light brown on both sides, dish them up, and, after pouring some melted butter over the potatoes, they may be served.

French Artichokes.—Fresh artichokes should be boiled in salted water for about an hour. They then should be drained, put in cold water, and placed in the ice box. When ready to serve, take from the water, wipe dry, place on a plate and send to the table. Canned artichokes should be placed in ice-cold water for fifteen minutes before serving them. The dressing to accompany them is made by mixing two large spoonfuls of vinegar with one of chopped parsley, a little salt and pepper, and eight spoonfuls of good olive oil.

CHOICE RECIPES.

Furnished by Kinsley's.

MENU.

Purée a la Colbert.
Baked Oysters in Shells.
Mangoes. Stewed Potatoes.
Salmi of Wild Duck.
Browned Sweet Potatoes.
Vegetable Salad, with Artichokes.
Ice Cream. Cake.
Coffee.

Purée a la Colbert.—Remove the green leaves from

five stalks of celery, and the same number of chicory, and let the stalks parboil for five minutes, and, after draining, chop them fine and press out the water, and put them in a saucepan with six ounces of butter; fry a little, and then cover the dish, and then let cook for one-half an hour. Besprinkle with three ounces of sifted flour, mix well, and dilute with three and one-half quarts of light chicken or veal stock, add a little salt, white pepper, and nutmeg, boil for five minutes, strain and rub through a fine sieve, stir and boil again, finish with a liaison consisting of three yolks of eggs mixed with one pint of cream and two ounces of butter in small bits. Mingle well on the fire, without boiling, add eight poached eggs, or one for each person, and serve.

Baked Oysters in Shells.—Boil two quarts of oysters with their liquor, a little stock with a morsel of butter. Drain the oysters upon a cloth, and strain the liquor through a fine sieve. Thicken about one-half of the liquor with an ounce of butter, kneaded with an ounce of flour; stir and let boil for five minutes, and finish with a sprinkling of salt, white and red pepper and a little nutmeg. Then stir in rapidly the yolks of four eggs mixed with the juice of a lemon. Remove from the fire, and mix in the oysters. Butter slightly eight or more large, deep and well shaped oyster shells, and fill them with the prepared oysters. Sprinkle over them pulverized crackers, and also put a few small bits of butter on each shell. Range them in a baking-pan and place them in a hot oven for about ten minutes until they are slightly browned. Dish up on a folded napkin, and they are ready for the table. Companion dishes are cold boiled potatoes cut in small

ELLEN TERRY.

diced pieces and stewed in cream, and mangoes, which can be obtained from a grocer.

Salmis of Wild Duck.— Roast three wild ducks, cut them in pieces, pare nicely, and keep warm in a saucepan. But bruise and put all the trimmings and bones into a saucepan with two glasses of sherry wine, two and one-half pints of stock, a sprig of thyme, a bay leaf, two cloves, a few pepper leaves, sprays of parsley, with a few sliced shallots, and let all boil briskly for twenty minutes. Strain through a colander, and afterward through a fine sieve. Then add one-half a jar of *Kinsley's condensed* beef, and let boil, reducing it to the required thickness. Squeeze in the juice of a lemon, and stir in two ounces of butter, season with a little salt, and pour this sauce over the ducks, and mix in about thirteen olives stoned and parboiled. Salmis should be served upon a deep platter, surrounded with fancy-shaped croutons fried in butter. Finish by sprinkling a little chopped parsley on top.

Vegetable Salad, with Artichokes.— Take the artichokes from two cans of them, and put in cold water for ten minutes. Boil one day previous, two large carrots and one large turnip, keep them in cold water over night, then slice them about one-third of an inch thick, and with a tube cutter cut out small pieces from these slices, and mix these together with one-half a can of French peas, and one-quarter can of French string beans (cut in small pieces), and dress with French dressing. Line a salad plate with lettuce leaves, and put on these the artichokes, sprinkle over a little French dressing, fill each artichoke with the vegetable salad, and also put on each

one-quarter of a teaspoonful of mayonnaise dressing, and serve very cold.

CHOICE RECIPES.

Furnished by Kinsley's.

MENU.

Vermicelli Soup.
Broiled Shad, with Roe.
Cucumbers.
Breast of Mallard Duck.
Sweet Potatoes. Fresh Mushrooms.
Apricot Fritters, Brandy Sauce.
Coffee.

Vermicelli Soup.— Prepare a good beef stock, strain, skim off the fat and let cool. Chop up one pound of raw beef, and mix with it an onion and carrot, sliced, a little parsley, and four eggs, shells included. Stir this mixture into the soup stock, and set the stock over the fire to come to a boil, occasionally stirring it that it may not burn. After it has slowly boiled for ten minutes, strain it through a napkin, and season to taste. Boil the required amount of vermicelli (one-quarter a pound will suffice for eight persons) in salt water, strain, then mix with soup prepared, and serve. The salted water should be boiling before putting in the vermicelli.

Broiled Shad with Roe.—One large shad will be sufficient for six persons. After splitting the fish, removing the roe, and cleaning well, spread it out upon a pan, besprinkle with a little salt and pepper, the juice of one-half a lemon and a little oil or melted butter. Let the fish now stand in the ice box till ready to broil. Baste well

during broiling; and, when it is cooked, put on a plate, garnish with parsley and lemon, and serve.

Breast of Mallard Duck.—Select four nice mallard ducks for eight persons, or so that one duck should supply two persons. Pick, draw and clean them nicely, cut out carefully the two breasts or fillets, lard them neatly, and put them in a cold place. Roast the remaining parts of the ducks; the legs and carcases can be used for a game soup or salmis of duck. Put in a saucepan one-third of a jar of Kinsley's or some other condensed beef, and melt with one-half a pint of water. Roast the breasts of the ducks for a few minutes in a hot oven, and then put them in a saucepan with a little butter, and let them brown on both sides, but be rare. Pour over the breasts the melted beef bouillon, and a jigger of Madeira wine, a little red pepper and serve at once.

Fresh Mushrooms.—Peel and clean the mushrooms and wash them in cold water. Let them parboil in slightly acidulated water for three minutes, drain and fry in good butter, and serve with the duck on the same plate.

Apricot Fritters, Brandy Sauce.— Strain off the liquor from one can of apricots, and boil it with one pint of water, one pound of sugar, and one-half a sliced lemon. While boiling, stir in one tablespoonful of cornstarch, mixed with water, boil for a minute longer, strain, add one jigger of brandy, and keep hot. Place the apricots on a sieve, and take them one by one and dip them in the batter, fry brown in plenty of hot fat, besprinkle with sugar, and this toothsome dish will be ready for the table. The batter is made with one-half pound of sifted flour, a little cold milk

and the yolks of three eggs. Mingle in carefully the whites of three eggs, beaten to a froth.

CHOICE RECIPES.

Furnished by Kinsely's.

MENU.

Soup a la Chevalier.
Stewed Lobster, Gloucester Style.
Fried Potatoes.
Curry of Chicken with Rice.
Baked Macaroni.
Broiled Quail, Celery Mayonnaise.
Coffee.

Soup a la Chevalier.— Prepare a good chicken broth with three large, fat hens, and, when the fowls are done, take them from the pot and let cool. But strain the broth and skim off all fat, and bring to a boil and season with salt and pepper to taste. Grate the rind of four small French rolls. Cut the rolls in four pieces, soak these pieces in cold cream for an hour, strain them, and keep them on a wire strainer for fifteen minutes. Then dip these pieces in beaten eggs, fry them brown all round in butter, and when done put on a plate and keep them hot. Shred the leaves from half a dozen celery very fine, and put them in boiling water for five minutes. Strain and put in chicken broth, sprinkle in about one-half of the gratings, and then serve the soup. When dishing, put in each plate a piece of the fried roll.

Stewed Lobsters.— Obtain four medium-sized boiled lobsters, and take the meat from their tail claws; cut it into slices, and range on the serving dish, cover it over and keep the the meat warm. Knead to a paste in a large bowl two ounces of pulverized crackers, with six

ounces of melted butter and a little chopped parsley; white and red pepper. Boil in a saucepan one-half of a jar of Kinsley's or some other brand of condensed beef, with a glass of sherry wine, and stir into this gradually and steadily the mixed paste, but it should not be allowed to boil, and finish with the creamy substance of the lobsters. Press this preparation through a sieve; add two tablespoonfuls of vinegar, mingle well, pour over the lobster, and serve at once. The sauce should be thick, but, if it curdles, put in a tablespoonful of cold water, and stir with an egg beater.

Curry of Chicken, with Rice.— The chickens from which the soup a la Chevalier is made should be used for this dish; cut them, and trim them into regular pieces. Melt one-half pound of butter in a saucepan, mix in a small cup of flour, and after this mixture has become hot, stir in one tablespoonful of curry powder; dilute with one quart and a half of stock, stir to a smooth sauce, and let boil for fifteen minutes, season with salt and pepper, put in a cut chicken, and keep the pan covered. Arrange on your platter a border of boiled rice, place in the center the chickens taken from the saucepan, strain the same over both the chickens and rice, sprinkle a little chopped parsley over, and this palatable dish is ready for the table.

Baked Macaroni.— Boil water, slightly salted, in a saucepan, put in one pound of macaroni, let boil for twenty minutes, strain and place the macaroni in cold water. Prepare one pint of cream sauce, mingle it in the macaroni after cutting it in regular sized pieces, and add one large spoonful of grated Parmesan cheese. Put this preparation in a baking dish, cover with grated cheese,

grated bread crumbs, and melted butter, and bake to a brown color. This dish should be served hot.

Broiled Quail.— Carefully pick and clean the quails, split them ready to broil, and keep them cold in an ice box until one-half hour before they are desired for the table. Then broil them over a hot fire, baste frequently, and serve the quail on toast, after placing a small piece of bacon on top.

Celery Mayonnaise.— Mix with French mayonnaise some celery, cut in small pieces, and serve on lettuce leaves.

CHOICE RECIPES.

Furnished by Kinsley's.

Bouillon.
Lobster a la Newburg.
Cutlet of Minced Sweetbreads. Fresh Mushrooms.
Lettuce and Tomato Salad.
Glace. Cake.
Coffee.

Bouillon.—Prepare a good soup stock by boiling vegetables with beef and bones; strain, skim and let cool; then chop fine one pound of lean beef, mix with half an onion sliced, half a carrot sliced, one bay leaf, one bunch of parsley, one stalk of celery and eight raw eggs. Mix all together thoroughly; then mix in one gallon of cold soup stock, two jiggers of sherry; put on fire, let come to a boil slowly (stir often, to prevent burning); if handled according to above directions, you will have a clear, sparkling consomme; strain through a napkin, season with salt, and serve hot in cups.

Lobster a la Newburg.— For eight persons cut open four lobsters, and remove the meat from the shells; put the meat in water and keep cold; chop the shells and body

of lobster; put in saucepan with one pint of water and one half a pound of butter, put on fire, cover tight and cook for forty minutes, then strain, and put the liquid in a cool place. The butter will now have the color and flavor of the lobster, and will come to the surface in a cool place and harden again. Take lobster from water, dry with napkin, cut in regular-sized pieces, add two dozen nice mushrooms, and put in saucepan. Put in another saucepan the butter from the lobster. When melted stir into it one kitchen-spoonful of flour, then dilute with one and a half pints of hot cream, let boil, season with salt and pepper, finish with a liaison of three eggs and two jiggers of sherry, pour over the lobster and mushrooms, and serve very hot on toast, or in paper cases, or in Romaine cups.

Cutlet of Sweetbreads.— Cut eight large blanched sweetbreads in small dice size pieces, and boil in stock with one sliced lemon for ten minutes; then strain the stock off the sweetbreads, remove the lemon, and mix the sweetbreads with one quart of Bechamel sauce, let boil, etc.; season with salt, pepper and a little mace; finish with a liaison of six eggs and one-fourth pint of white wine and one-fourth pound of butter; spread this mixture in a pan to cool; when cold it should be firm; then shape into the form of croquettes, roll in fine bread crumbs, dip in beaten eggs, and roll in crumbs again, fry brown in plenty of hot fat and serve.

Fresh Mushrooms.— Clean and peel the mushrooms and boil them in salted and acidulated water for about five minutes, if large ones, then spread out in a pan with melted butter and let fry; as soon as they show signs of browning, cover tightly and set in oven for ten minutes;

they will be brown and yet done soft. Dish up the croquettes on plate, surround with mushrooms, and besprinkle all with a little chopped parsley, and serve very hot.

CHOICE RECIPES.

Furnished by Kinsley's.

MENU.

Mutton Soup a la Cowley.
Fried Shad Roe.
Tomato Sauce. Cucumbers.
Fillet of Beef, Braised.
Potato Croquettes. Fresh Mushrooms.
Lettuce and Tomato Salad.
Ice Cream. Cake.
Coffee.

Mutton Soup a la Cowley.— Select a fleshy and not too fat rack of mutton; cut the spine, pare and shorten the ribs, and put in a soup pot with the parings and shoulder of mutton three pounds of soup beef, a little salt and two and a half gallons of water; let all boil, scum, add two carrots, two turnips and one onion with four cloves stuck in it, a piece of garlic, two heads of celery, and a few peppercorns; cover and let boil for two hours; after taking out the rack and shoulder of mutton let the rest boil two hours longer, then remove all the fat and strain the stock through a wet napkin; in the meantime have cut in small squares two carrots, two turnips and a head of celery, and put them in a saucepan with two ounces of butter; fry slightly brown, add three quarts of broth, and let boil an hour; divide the rack into eight or more nicely cut chops, warm in a little boiling broth, and put in a soup tureen with one pint of barley boiled three hours and well drained; take off the fat from the soup, color with a little caramel, pour over the chops, and serve.

Fried Shad Roe, Tomato Sauce.— Select the quantity of shad roe wanted, put on plate, besprinkle with salt and pepper, a little lemon juice and olive oil, and keep in ice box till wanted, then wipe dry and roll in flour; then dip in beaten eggs, roll in bread crumbs and fry in butter; when brown, cover pan tightly, and set in warm oven for six minutes; then arrange on platter, garnish with parsley, and serve. Send tomato sauce in sauce-bowl.

Fillet of Beef, Braised — Procure a good fillet of beef weighing about eight pounds, and, after nicely larding it, put it in a pan with spices and sliced vegetables, and moisten with one pint of claret. After covering it with a buttered sheet of paper, the pan should be placed in the oven to roast. When nearly done remove the paper and glace the fillet brown, and make a sauce from the drippings and serve with the fillet.

Fresh Mushrooms.— In salad bowl dressed with French dressing. Quarter or slice the tomatoes, fill in center of bowl, cover with mayonnaise and serve.

Potato Croquette.— After boiling ten large potatoes till they are done, drain and mash with three ounces of butter and the yolks of four eggs. Cool these mashed potatoes by spreading them out upon a plate, after which they can be formed into the shape of a croquette rolled in cracker meal, and dipped into beaten eggs. After rolling these croquettes once more in cracker meal, they should be fried brown in plenty of hot fat. They will be then ready to serve, which should be done upon a folded napkin.

Lettuce and Tomato Salad.— Place between napkins in an ice box the lettuce required after it has been carefully picked and washed. Peel the necessary number of

tomatoes and keep them cool. When this dish is required at the table, dress the lettuce and arrange it.

CHOICE RECIPES.

Furnished by Kinsley's.

MENU.

Chicken Gombo.
Brandade de Morue (Codfish).
Cold Slaw.
Boiled Potatoes.
Spring Lamb. Mint Sauce.
French Peas. New Potatoes.
Broiled Snipe on Toast.
French Artichokes.
Dessert. Coffee.

Gombo of Chicken.— Select a tender, fleshy and not too fat chicken; singe, draw and, cut in small pieces; put in a stew-pan three ounces of butter, with a chopped onion, and two ounces of ham cut in small squares; fry a little, add the chicken, stir and fry the whole slightly brown; sprinkle two ounces of flour over well, mingle well, dilute with three quarts of broth, add white and sweet Chili pepper, and a bunch of parsley; stir, boil, cover and cook slowly for forty minutes, skim off the fat, remove the parsley, let drop in the soup four tablespoonfuls of gombo powder, stirring all the while, boil no longer, season to taste, and serve.

Brandade de Morue.— Have four pounds of thick dry cod, take off the skin, cut the fish in pieces and soak in cold water for four hours, changing the water four or five times; put in cold water and cook slowly until very hot, but not boiling, for twenty minutes; drain, remove all the bones, put the fish in a saucepan and crumble with a wooden spoon; then move to the side of the

fire, add the juice of a lemon, and, little by little, about a pint of the best sweet oil, stirring vigorously all the while, and dropping a little milk in when the preparation becomes too thick; when this is done the brandade should be creamy and pretty consistent; finish with a little garlic and chopped parsley (if desirable) fried in a little oil, add a little salt and pepper if necessary, and serve with fresh boiled potatoes and a bowl of cold slaw.

Roast Lamb.— Procure a quarter of lamb, trim and roast in a hot oven so as to be cooked through and nicely browned all around; make a gravy from the drippings in the pan, pour the gravy over the lamb, and serve with mint sauce in separate bowl. Chop one large bunch of green mint very fine, and mix with one pint of white wine vinegar and three-quarters of a pound of pulverized sugar; stir until thoroughly mixed, and serve. This sauce can also be boiled and cooled again to make a stronger mint flavor. Open two cans of French peas, wash in cold water, put in a saucepan with a piece of butter, salt and pepper and toss over a fire to become thoroughly hot, and serve. New Bermuda potatoes are best plain boiled; still, they are nice in cream sauce, or roasted a little and browned in good butter.

Broiled Snipe on Toast.— Pick, singe and draw the number of snipes wanted, split open for broiling and wash the birds, season and broil quickly so as to be brown, still a little rare, baste frequently with butter, put the snipe on a piece of toast, serve a small piece of bacon with it, and send to table very hot.

Fresh Artichokes.— This plant is coming to be known more this year than ever before, as you can buy the imported or smaller (the California dwarf) direct from

California. Trim properly, boil in slightly salted and acidulated water; when done, drain and keep in cold water in ice box. When ready to serve, drain and pour over a French dressing, and serve one for each person.

CHOICE RECIPES.

Furnished by Kinsley's.

Julienne Purée.
Fried Smelts. Cucumbers.
Roulade of Spring Lamb. Mint Sauce.
Browned Potatoes. New Asparagus.
Brciled Teal Duck on Toast.
Artichoke Salad.
Ice Cream or Ices. Cake. Coffee.

Julienne Purée.— Put in a saucepan one-quarter pound of butter and one large carrot, one-half turnip, one onion, one-quarter head of cabbage, all sliced very fine, and put in an oven for about forty minutes, then cover with stock and put on range to boil; add one can of peas, and slice or bone of ham, a little chopped celery and parsley, a few whole peppers; boil for one hour, then strain and rub through a fine sieve; put to boil again; add one pint of hot cream; finish with a liaison of three yolks of eggs and two jiggers of sherry; season to taste and serve. This is a good spring soup if made with new vegetables.

Fried Smelts.— Clean, wash and wipe dry the amount of smelts wanted, then season with salt and pepper, dip in melted butter, and roll in bread crumbs; fry brown quickly in hot butter, and cover the pan while finishing to fry, so as to keep the fish moist. Drain off all fat, and serve on folded napkin, garnished with lemons and parsley.

Roulade of Spring Lamb.— Roast in quick oven so as to brown all over, then cover with buttered paper and cook through. Serve with sauce made from drippings in pan poured over it, and send mint sauce separate in bowl.

Boil some small potatoes, and, when nearly done, put in pan with the lamb and let brown by basting them often.

Roulade of Lamb.— Bone the shoulder, rib and loin part of a lamb, season with salt, pepper, roll nicely, tie with string, put in pan with sliced vegetables the bones from the lamb, one pint of stock, and remove the strings from the lamb; put on platter, surround with browned potatoes, pour sauce over it, garnish with mint; send to table hot.

New Asparagus.— Trim and scrape the asparagus, parboil in salted water, then boil in slightly acidulated water till done; serve on toast with drawn butter poured over or a cream sauce made with the water in which the asparagus has been boiled.

Broiled Teal Duck.— Pick, singe and clean the number of teal ducks wanted, split and lay open, season with salt and pepper, and broil a little rare, baste often with butter, and serve very hot with small strip of broiled bacon.

Artichoke Salad.— Two cans of artichoke hearts will be enough for eight persons; take out eight of the artichoke hearts, dip in French dressing, and arrange on salad plate; have under each artichoke a leaf of lettuce; take the remainder of the artichokes, cut in small dice pieces, mix with mayonnaise, and fill each of the eight artichokes with it; keep in ice box till wanted, and serve very cold.

CHOICE RECIPES.

Furnished by Kinsley's.

Julienne Soup.
Whitefish Nonpareil.
Parisienne Potatoes.
Roast Red Head Duck, with Jelly.
Baked Sweet Potatoes.
Steamed Apple Dumpling.

Julienne Soup.— Prepare a good consomme soup. Cut a carrot, turnip, onion, and one-eighth head of cabbage in long, thin shreds ; mix all together, and put in a copper saucepan with one-quarter pound of butter, cover with an oiled paper, and then with the cover of the pan, and put in a hot oven for about an hour; then take out and boil in the consomme for twenty-five minutes, skim off the fat, season with salt and pepper, add one-half can of French peas and a teaspoonful of chopped parsley.

Whitefish.— Split the whitefish, remove all the bones, and put the fish in a buttered pan, slice a small carrot, a lemon, and an onion, and put over the fish with a bay leaf a few whole peppers, and one pint of white wine ; cover with an oiled paper, and put in oven to cook through; put in saucepan one-half pound of butter, and, when melted, mix with one-third of a pound of flour and stir over a hot fire for a minute, dilute with the stock from the fish and enough hot water to make a nice sauce ; stir into it the yolks of three eggs and the juice of a lemon ; season to taste and strain ; put the fish on a platter, cover with sliced mushrooms, shrimps, and a few oysters, and strain the sauce over it, besprinkle with a little chopped parsley and serve; surround the fish with boiled Parisienne potatoes.

Roast Duck.— Pick the required number of ducks dry, singe all the hair off, draw and cleanse thoroughly, truss, place in each duck a stalk of celery, and put in a pan to roast, baste often ; if required rare, twenty minutes in a hot oven is enough; send to table as soon as done, serve currant jelly separate and a dish of sweet potatoes, baked in butter so as to be brown all round ; steam the sweet

potatoes first until nearly done, then peel, and roast in butter.

Dumplings.— Make a paste with a pound of flour, warm milk and one-half ounce of salt; roll out on floured table about one-eighth of an inch thick, and cut in six-inch square pieces; pare and core the amount of apples wanted, fill with powdered sugar, and put the apples in the center of each piece of paste, folding the corners over each apple; put in a steamer and steam one hour; serve sweetened cream with the dumplings.

CHOICE RECIPES.

Furnished by Kinsley's.

MENU.

Iced Bouillon.
Fillet of Sea Bass. Cucumbers.
Roast Spring Chicken, Stuffed.
Green Peas. New Potatoes in Cream.
Lettuce and Tomato Salad.
Red Raspberries and Vanilla Ice Cream.
Cake. Coffee.

Iced Bouillon.— Prepare a good beef broth; clarify, and strain through a napkin, let become cold in a stone jar; then place in an ice box to cool more without freezing. Serve in cold cups. This makes a good soup for hot weather.

Fillet of Bass.— Black sea bass are very good now. Cut two fillets out of each fish, season, roll in flour and fry slightly brown in butter; then cover frying-pan and place in oven for ten minutes. The fish will be thoroughly cooked, at the same time not as crisp as fried fish generally comes to the table.

Roast Spring Chicken.— Pick, singe and clean carefully the number of chickens wanted; stuff, tie carefully,

and roast in medium hot oven; turn often so as to brown all around, but do not stick the fork in the meat, as the juice escapes very quickly; baste often when brown, cover with an oiled paper, keep in oven till done; serve with a thick sauce made from the drippings in pan; cover and let stand for five minutes; put in saucepan one-third pound good butter; when melted, mix with one-third cupful of flour, dilute with one and a half pints of boiling cream or milk; boil for a moment, season with salt and white pepper, and strain over potatoes; keep covered and hot, but do not boil any longer.

RECEPTION HALL.

HOUSE DECORATION.

THE Orientals clothed themselves in colors. Their garments were decorated with figures which recorded events in their history, or, not unlike those that came after, were the products of imagination. Decoration came in with the creation. Long before the first architect dreamed of a structure, the inhabitants of the plains living in tents, had the material for their shelter "hand-painted," and the entrances to them were hung with draperies on which were symbols and history and poetry.

We are given to speaking of the progression of the age in which we live. As a matter of fact, this age has only harmonized that which made the world beautiful when its Creator brought it from chaos and sent it revolving in space to the music of the morning stars, which —

"Sang o'er the rising ball."

In the course of time, when the tents of the plains had been folded and the peoples of those ages began to build, we find them decorating their houses with material and designs similar to those with which they wrapped themselves.

The customs of the earth changed; the maps of the hemispheres have been altered by revolutions, and history has been written and forgotten.

"A thousand years their
Gloomy wings expand,"

and we find the women of our civilized era paying court to a carpet weaver to create something in colors and combination for wearing apparel, and, having adorned themselves with the fabrics, they have " parted their raiment," and given parcels of it to festooning their homes, making them places of beauty and full of rest.

Penelope was not unlike her sex of the present generation. She never finished her web. That which she deftly did by day was torn and destroyed by night. She resumed her work in the morning with eagerness, and improved upon it by making it more elaborate and beautiful.

The woman of the present generation removes to-day that which she used yesterday to make her home a picture. There is no continuity in decoration, and there should be none. " The house beautiful " would lose its reputation for artistic interior if it remained always the same.

" I want my home made beautiful; adorn it lavishly as you may. What are the designs? " was the remark and interrogatory of a woman of refinement and wealth, to a man who has made a life-study of the work.

" There are no designs," he replied. " Decoration," he continued, " is a thing of personality. No one road, though the thoroughfare may be a royal one, will lead to any one design, or school of decoration. There is everything to consider — paradoxical as it may sound, there is nothing to consider."

He was right.

Said another man whose study it is to make homes beautiful: " Who is your architect? Is he building for the purpose of sheltering you merely? or is he building with a view to decoration? Is the structure to be modern or ancient? Is it of brown stone, gray, block or pressed

brick? How are the rooms to be arranged? How many windows in your reception-room? how many in your parlor? how many in your library? What about the communications between them?"

The gentleman to whom these queries were propounded, answered, interrogatively: "Don't you think you are going back pretty far?"

"Not at all," was the reply. "In fact, I began in the middle of the chapter. I should have asked you about the location of your lot. Is it on a corner? If so, which corner? And what is your front? What light will you get? Suppose, to come down to this first principle, your front is east or south, your light will be strong, will it not? Strong light calls for heavier shades than a light which is milder. If the location calls for heavier shades, it follows that you do not want your house to resemble anything that is light or fantastic."

In a later conversation the decorator said: "What would you think if I told you that our concern has in the basement a rope and tackle for the purpose of elevating certain articles of furniture into houses? The architects have built the house in such a manner that ordinary furniture cannot be put through the entrances. I do not say that such a house cannot be decorated within. You can decorate anything. The realm of decoration is so wide that it reaches the meanest abode. Why, you can make anything beautiful. Did you ever think of that?"

HARMONY FOR THE EYE.

Decoration is to the eye what music is to the ear. If there is a discordant note in the latter, its effect is such as to at once break the enchantment. If there is an over-

attempt in decoration or a miscalculation in blending, the eye is so sensitive in its organism that it is offended.

Bear in mind, there can be no decoration where there is no harmony.

"Evidently," says madam, who is the high priestess of the temple that is to be decorated, "there must be a beginning. Granted that harmony is the beginning, the middle and the terminus of decoration. What next? I am here for ideas, no matter how much individuality there may be in decoration."

And madam is quite right. Let us begin at the beginning — conceding that the lot is on any corner or in the middle of the block, and also conceding that the architect has come up to the proper expectations.

The decorator begins where the woodworker has left off. The lord of the manor, with the assistance of madam and the architect, have had the woodwork done according to their own ideas. It is light or dark, as they may have decided. It is of cherry or oak, or bird's-eye maple or mahogany.

The decorator sees what it is, and he uses it as a basis for his work. If he is master of his work, he harmonizes his hangings and drapings, and walls and friezes, and the general furnishings, with the woodwork. He must do this. While there may be individuality in the design, there must be one general rule governing the whole. So the musician makes the score of his creation. It has the element of harmony throughout; the movements thrown into score are the little designs and the filigree — the individuality, so to express it.

"There is one thing," said a gentleman who is authority in the work of beautifying, "which I would like to

impress upon the American people, and that is this: Nowhere on the face of the earth is there such wood as we grow in this country for decoration and the finish of our houses. There isn't any of the wood used in our houses which is not as susceptible of high finish and polish as any Parian marble that was ever quarried. There is no decoration which gives a home the same effect as these American woods, I care not which one may be selected. I fancy," he continued, "that no sane man in this age of the world would allow a decorator to grain his wood. I must say that, so enthusiastic am I upon the matter of finishing homes in natural wood, that it seems to be running to the cheap and gaudy to see a room finished in Lincustra-Walton, or some other material that is showy, but never possessed of that beauty which accompanies durability. Nor would I advise any man to finish in white. You know there was a time when the interior had to be a glassy white or a dull. There is no demand for that any more. Good sense, to say nothing about taste, has relegated white to other places. Do not understand me as saying that a white and gold in the proper place, is not a handsome finish and an effective one. You may have touches of it in your *salon*, if the other decorations are in harmony."

WOMAN'S KINGDOM.

The Home of the Heart — What Makes It the Sweetest and Dearest Place on Earth.

I come now to that kingdom where women are queens — a kingdom which has no lines of royalty and no crests, and yet one that is more to the heart of woman than any realm of a titular dignitary.

It is the home in which nations are educated. If it be true, and surely it is, that, though it be ever so

homely, there is no place like home, what shall be said of the homes of refinement and culture of the present time? Surely there is a field in this decorating of the homes in which women may have the proudest distinction. It is here where she may elaborate to the utter contentment of her own nature; here she may bring to bear the little conceits, the pretty things which creep out from the nooks and corners, the surprises from the hitherto neglected spots. Here she sits, like Penelope, again creating, though the work be destroyed the next hour. She beautifies more than ever after the destruction. Here there is nothing in which ingenuity cannot hold revel. There is nothing too elaborate — there is nothing too simple to turn into something that peeks out at an unexpected moment, in an unexpected nook.

A lady in Chicago who has a knack of making an *ensemble* of simple things, took a cast-away shoe of her baby, and bronzed it. Into the opening she inserted a brass bucket — a tiny one, which cost her three cents — and this was put on the writing desk of her husband, and into it he knocks the ashes of his cigars.

Let me enter the house beautiful, and take up its beauties, those that are elaborate. Come with me in the exploration of this field, that has such limits that any woman may find in them somewhere a sphere adapted to herself.

THE RECEPTION HALL.

Let us enter the house at once. Here is the reception hall.

It is the same with your house as it is with your newly formed acquaintance. The first impression is the

RECEPTION HALL.

most lasting. It is not always the most correct. But the general rule governs.

Look to it that your guest, as he crosses the threshold, and enters your reception hall, feels that he is already at home, though he knows further progress is barred.

There are opportunities for making a reception hall cozy and inviting, in the manner of adorning the walls and ceilings. There should always be a suggestion of warmth and cheeriness in this entrance to a home. These effects are obtained in tones of color which we get in wall papers, and, of course, which can be produced in all manner of tinting of the walls and frescoing. It is also produced in textile goods. The woodwork introduces very largely antique oak, birch, red oak, and red and white oak.

If it is decided to carpet the reception hall, stair and stair-landing, moderate-sized figures in body Brussels and Wilton offer very strong and effective furnishings in rug designs which are taken from Oriental rugs, the *fac-simile* both in color and almost in every particular. There are Wilton carpets which are perfect reproductions, in design and colorings, of existing rugs which are recognized as very rich and rare rugs. Outside of the Oriental designs offered for carpets, small figures in damask effect are considered particularly desirable.

In hangings, as before intimated, there is a wide field, for reception hall and reception-room alike. There is the double-faced plain velours, which give two different effects of coloring. We find antique blue upon one side and old rose upon the other. We find gold and bronze, and mahogany and copper tones of color. In fact, in the velour line, there is quite a variety of fashionable tones of color, which arrange themselves amongst the best lines of

stuff offered for this work. These plain velours, when coming single-faced, can be used to contrast one with the other, and can be decorated with French metal ornaments, which come in great variety, and make strong, rich, pleasing furnishing effects. The plain Amure and satin sheetings are also used in the same manner. French tapestries are one of the finest styles of hangings that can be possibly offered for hall work, and they come in rich, beautiful tones of color, and in designs and colorings becoming the situation.

THE DRAWING-ROOM.

The drawing-room is French. So is the salon. With us, in general, it is the reception-room or the parlor. There are houses where we find a salon and a parlor, or a parlor and a reception-room, or a drawing-room and a parlor.

In the more exclusive circles it is, perhaps, safe to say " drawing-room " is proper or takes precedence.

There is a recollection about " drawing-room " which is pleasing. It runs back to the last days of the kingdom, and the daylight of the empire.

It is the room where there is an oblivion to the " fluctuations and vast concerns " as well as the annoying perplexities of life. It is where the very best part of us comes to the surface. It is the throne of the home. It is where words are weighed and where actions are complete with harmony, where language, whatever it may be, is gloved, and where the *tout ensemble* is, as our own Oliver Wendell Holmes would say, " Rainbow-scarfed and diamond-crowned."

Women love it for its freedom from cares and for the conquests which it offers. Men bow to it, for it is where

they are measured, and where they triumph or fail. It is this place, to come a little nearer to every-day parlance, where we " pass master."

What will you make it?

The English renaissance and the medieval are too heavy. They produce an atmosphere of gloom, and that splendid glitter which assembles there would be in eclipse surrounded by either of the styles referred to.

To be explicit and brief, the drawing-room is delicate, intricate and elaborate. There should be subtle proportions, " the daintiest of handiwork and the fairest of colors ? "

It is for evening almost exclusively — not necessarily; but it is oftener seen under the chandelier's light than in daylight. Cream white and gold stand the test of artificial light.

You will see to it that in this room there is nothing that would make one think of comparison. In a word, let it be as clean cut as the masts of a vessel in the face of a setting sun, taking care, of course, that nothing severe appears. It can be and must be something elegant.

As it is no place for lounging, it would seem that in the drawing-room proper there should be no easy-chairs.

The hangings will be rich and light. Let us say that the light from the window should be mellowed, restful and dreamy ; by night, subdued, not glaring.

You may rest assured, that, in forming the room where your company shall be entertained, nothing will give you complete satisfaction. " No pent-up Utica " contracts you here; no bank account, no taste, no combination will ever rest and " cry hold, enough," in the

completion of this room. Do not misunderstand this. It is not to be inferred that splendors are essential.

> "Full many a gem of purest ray serene,
> The dark, unfathomed caves of ocean bear,"

and many a bright and charming drawing-room has left a lasting impression upon the mind of the guest, because of its simplicity and the harmonious arrangement of its contents.

Still, no woman was ever content unless she dreamed of what she would like to have. Is it out of place to say, between the lines, that discontent invariably follows possession?

I believe that the majority of intelligent women will admit that Mrs. Cleveland is complete mistress of all that beautifies and makes a home complete. "She has recently furnished a home of her own," is the way a New York newspaper put it. And here is a description in brief of her drawing-room:

"It is finished off in white and gold. Mrs. Cleveland has made it an oddly pretty room by furnishing it in colonial style. No two pieces in the room are of the same pattern, though mostly in mahogany, and, with the exception of the piano, which is modern, no article is less than a century old. Even the rugs on the polished hardwood floor have softened the steps of slippered feet for ten or fifteen decades."

These antiquated articles, however, are not at the command of every one.

There are other designs for furnishing and decorating such a room — did I say other designs? Where do they end?

PARLOR.

Let us proceed at once to consider one:

There is an agreeable effect in woodwork, either white or ivory white, either perfectly plain or with lines of gold, in contrast with the hard woods of the other rooms in the house. It also takes soft and pleasing tints of color for the side walls and ceiling of the room. For the side walls and ceiling, plain papers are used, with bold contrasting friezes in soft tones of color, and the ceiling is done to harmonize; or, the side walls may be frescoed — also the ceiling — in soft tones of color, cream predominating. Light rose, pale, delicate blues, and soft ivory tints, are offered for the predominating tones of color to be used in this work. If textile goods are used upon the side walls, soft tones of color are offered in French damask silks or in medium weight French damask goods; in all silk, or silk and cotton, or silk and worsted — to be used from the base-board to the picture-rail — placed upon the wall as paper is, flat and plain, and, if a frieze, done in colors to harmonize with that material. The ceilings are also done in colors to complement the side walls.

The window and door hangings are made from material to associate with the wall work, and must either be in the same class of goods in contrasting colors, or can be in solid colors to contrast with figured wall work. To illustrate: If the figured silk damask is used on the side walls in ivory blue, you should use on the windows and doors the same figured damask in contrasting colors with the wall work, say old rose and ivory.

The portières on the doors can harmonize or can contrast both the walls and the window curtains. Plain materials might suggest themselves for the portières,

embroidered and arranged to harmonize with both walls and window, making a rich and harmonious effect.

Regarding the furniture, let it be moderate, overstuffed furniture in the way of softness; one or more arm-chairs, a lady's chair or two for the larger pieces of furniture; satin damask, silk and tapestry, French velour, or in paneled pieces of tapestry, which come in soft and beautiful colors, and appropriate styles of designs could be used without the woodwork showing.

If woodwork is used, it would suggest itself to be woodwork to harmonize with the room.

If the room is white and gold, the furniture should be white and gold, or, if it is cream and gold, the furniture should be cream and gold; or the woodwork might be all gold, in positive contrast with the woodwork. In case white, the woodwork is cream and gold, you would certainly introduce a light hard wood, such as bird's-eye maple; and white mahogany would be considered a particularly desirable style of wood for the parlor.

The mantel should also be handled in the same manner as the furniture of the room, being made to complement the woodwork of the room proper, or made to match the prominent furnishing features of the room, such as the chairs, and possibly the piano, if one is used in the parlor.

The pedestal or center table, or ornamental side table, should also be in the same school of coloring or design. Onyx is introduced favorably in tables, stands and pedestals; also in the mantel, which offers a very desirable feature to associate with this class of work.

Gold and silver and oxidized silver are suggested for the chandeliers.

There is a tendency sometimes to make the reception-room a sort of combination, to throw into it a certain disorder — to be a little plainer, to make it a place for everybody — bohemia, if you please.

There are women who are social and literary at the same time. They like the appearance of people who are making a stir in the world, and love to bring such within the radius of their home.

They do not care for the Louis XVI. style, nor for the silks and satins, and the luxurious upholstery which marks the ease, elegance and refinement of the strictly social and domestic woman.

I have a friend in Paris who sends me a description of the reception-room of a woman who is such an one as is referred to. She writes:

"I have been to call on ———, who lives in a small hotel. I must tell you something about her reception-room, where I met some artists and poets and some of the literary lights of Paris.

"The room hasn't the benefit of the artificial light of your homes in Chicago. Its principal light comes through a bay window, which swells into a court. This bay window is draped with tapestries. The walls of this room are tapestried with scarlet stuffs almost hidden by pictures, medallions, bronzes, enamels and faience. The furniture is curious and antique, of all styles, and from all countries. Some is in massive wood, turned, incrusted with mother-of-pearl, ivory and marquetry.

"I saw some large blue Japanese vases as tall as a man, and in these were palms and bamboos. I saw some flagons and great goblets in carved silver and incrusted gold, crowns of gold and silver laurel leaves.

" On a credence-table was a collection of curious little mechanical dolls, dressed in rags, and representing popular types. Opposite was a chest, of which the top is covered with small antique bronzes, ivory Japanese objects and Tonagra statuettes, antique enamels, old ivory hunting horses, and poniards with engrossed handles.

" Scattered about the room were all sorts of exotic things: Indian masks, Chinese screens and stuffed birds. In one corner was a gilded cage, in which were tropical birds pluming themselves. Fancy that. How odd that would seem in the reception-room of one of your Chicago society women. There were some unfinished busts here and there, for the woman is something of a sculptress. On the floors and on the backs of chairs, were skins of soft-fur tigers, panthers, wild-cats, lynx, beavers and white fox, and on a large divan two great white bear skins, making a royal couch for her, who, in her lonelier hours, stretches out on them, amid heliotrope-colored silk curtains embroidered with gold. In this room she receives, and, to be candid with you, there was a bit of abandonment about it which was delightfully intoxicating at the time, although I fancy you and I would tire of it if it were offered every day."

CARPETS OR RUGS.

The debate as to what is most appropriate, the carpet or rugs, for the parlor or drawing-room, is not yet closed. The disputants on either side have produced good arguments, and, at the time this work goes to press, there has been no edict furnished by any authority as to what shall govern. There is, it must be confessed, a finish about a room that is carpeted which will never pre-

sent itself to the eye where rugs are used. *Per contra*, there is a luxury and Oriental ease and beauty about an arrangement of costly rugs, or even one rug, which one will never find in a carpet.

But suppose you decide that it shall be a carpet. Scotch Axminsters offer rich and effective furnishing, owing to their soft and luxurious effect of color, and the richness of pile. The Wiltons and velvets are also rich and beautiful. The extra quality of Moquettes offers soft and beautiful tones of color, and makes rich carpets.

It is proper to cover the entire floor of the drawing-room or parlor whenever carpets are used. If there is a hard-wood floor, and you wish to make a rug carpet or introduce an Oriental rug, you can do so by leaving a fair margin or edge of woodwork showing around the room.

THE LIBRARY.

> Dreams, books, are each a world; and books, we know,
> Are a substantial world, both pure and good;
> Round these, with tendrils strong as flesh and blood,
> Our past time and our happiness will grow.

So wrote Wordsworth in his "Personal Talk." He wrote before the commercial age, but the sentiment lives after him. There is no complete home without a library. It is an era of books, and, of the purchasing of them it may be as truthfully said, there is no end, as it was truthfully said in the beginning, "of the making of books there is no end."

It is no part of this work to indicate what books you shall place upon the shelves in your library. What was said of Lord Byron is true of the present generation, "What books he wished to read he read."

I take it for granted that the intelligent man and woman of to-day need no instruction on this point.

There is one thing which comes to every one who has books — a care for them. You will learn to love your books as the frosts fall upon you. There is nothing in a man's house, after his wife and children, about which his affections will cling as tenderly as his books. There will come, in the life of every one, in spite of affluence, an hour when he will feel an inclination to commune with himself. A time when he will wish for the laughter in the halls to cease; a time when the wit of the *salon* will lose its effect; when the grand piano is still. A time when he will not sleep, woo he it ever so graciously.

In such an hour he seeks the rest which only the library furnishes. He holds communion with the masters who have illuminated the world. He may not bend the knee at court; but it is his to sit down and listen to the loftiest inspiration, and to be a child at the shrine of wisdom.

Here the mother gathers her jewels about her and instils into their minds the thoughts which travel with them in the years that follow. Here, when "daylight is done," there is surcease from care and the fluctuations and vast concerns of life's busy map.

Make it complete. It is the sanctuary of your home. Let it have your tenderest care. It will come to you like a benediction oftener than you may be willing to admit. So far as the things of this world are concerned, "Have no other gods before" this.

Do not hide your books. Next to the face of your wife and your children, let the faces of your books look down upon you, and do you look up to them. A man

who would hide a book would put a mask on his wife's face.

Let your book-cases have glass doors. This not only permits them to be seen, but affords them protection. The arrangement is a matter of taste entirely. You would hardly put fiction on the same shelf with your books on science and theology.

There ought to be a table and a desk in this sanctuary, of course. And what a countless assortment you have at hand from which to make your selection. Do not, I pray of you, be niggardly in the matter of furnishing this holy of holies. It is the intellectual dome of the universe. Let it be clothed with a livery that is stately. Don't, to use a homely coinage, put any ginger-bread work in this room. Don't permit anything, not even the paper-weight upon the desk, nor the paper cutter, to have the impress of anything that is grotesque, or anything that would in the slightest be suggestive of levity.

Don't go to the other extreme and make it a cave of Adullam.

Let the floor be covered with something which will deaden all sound. It may be a rug or a carpet. How did you furnish the vestibule hall in this respect? But whether rug or carpet, get the best. A house-furnisher says: "A rug is certainly the desirable thing, or rug design in a carpet of body Brussels or Wilton."

The woods which offer themselves as most desirable for the library are the natural cherry, birch and oak. Generally a wood is used in contrast with the hall, dining-room and parlor, to be an agreeable contrast with the other woods of the house. This applies to the wood-work

of the room proper, the table, chairs and book-cases which are all done in the same wood.

The library is a particularly desirable place to introduce goods in printed form or in woven stuffs, for side walls, also in printed velvets. There are wall papers which also come in soft, beautiful tones of color and make an unusually good effect.

Tapestries which are in strong, heavy lines of color, and are bold and effective in design for the colorings for the hall, make beautiful portières. There are embroideries which come on linen, cotton and silk, also a plain silk, for hangings, such as table-spreads, scarfs, and all forms and styles of decoration. Likewise, embroidery for portières and window-hangings, which are among the most beautiful of embroidered curtains.

The writing-desk of Charles Dickens stood in a bay-window at Gad's Hill. Only people who think when they read and write, can adequately understand how appropriate this is. As he lifted his eyes occasionally from his work, and looked out upon the meadows and the distant beauties of the landscape, how often did the novelist catch fresh inspirations and bring them to him in troupes, as if they were children—and they were children, children of his fancy; such creations as do not come to every one in this world.

The desk in the window is one of the most charming suggestions for the library. I find that the idea is becoming what, for something better, our best people call a fad. Strange they never thought of it before. Here is a description of one of these window-desks, which will show how the idea may be enlarged upon, and, as the description is from the pen of a gifted woman, it

will have a hundred per cent. value to the readers of this book. She says: " I have recently seen the most charming adaptation of the window-desk idea, to a corner treatment. First of all, a heavy curtain hangs on a rod, which crosses the corner and cuts it off from draughts, and secures privacy. Then a triangular board of medium size, rounded in front, is fitted into the angle, resting on small, iron supports. Above this are two shelves, also triangular, held in place by iron brackets, bronzed; on these stand handy books of reference. To the left, in such a position that its rays fall directly on the desk, is a wall-lamp in a bronzed holder, and right under it hangs a pretty calendar. A comfortable writing-chair stands in front of the board; to the left a waste-basket; to the right, a book-rest, holding an open cyclopædia. The curtain may be looped to one side, and a screen placed so as to let in light from over it, while it secures to the scribbler that feeling of snugness, without which the mind plays truant with the task in hand."

I recently met a prominent lawyer of Chicago, who had spent ten days at Gad's Hill, the home of Dickens. In his charming description he said: " Of course the chief interest to me of the place was his library. In looking it over I was shown what Dickens had labeled his 'Mock Library.' What do you think it was? Imitations of books, on the backs of which he had their titles. Some were the titles of his own novels. Some were named for some of the characters in his novels. I thought, as I looked them over, what an amusing pastime this work must have afforded dear old Dickens."

It will be creditable to your intelligence to suggest

as many for your library, always remembering that they should be appropriate, as you can find places for them.

Where else would an inscription be more appropriate?

There is no apology necessary for asking so much of your time to this essay, if you may call it that, on the library. If you have one, you will agree that the only criticism to be made is that the essay is not longer.

THE DINING-ROOM.

Where the Master Meets His Family and Friends and Makes the Welcome Double.

You may have met your guest in the cheery vestibule hall and given him the right hand; you may have received him in your *salon* with its rococo, renaissance, early English, old Dutch or colonial furnishings; he may have enjoyed the subdued richness of some Persian design, " or the light-loving colors of Arabia," or the Louis XVI. sets. The perfume of your conservatory may have intoxicated his senses until he dreamed of the tropics, and he may have enjoyed the restfulness of the guest's chamber until it carried him homeward in his sleep.

But you have not entertained him until he has sat at your table. The breaking of bread was the first rule of hospitality. The history of nations and feasts are closely interwoven. Beauty and wit sit down together on state occasions in the banquet hall.

Some of the conventionalities of the *salon* may be broken over with propriety in the dining-room. It is the neutral ground of the house. It is the dining-room, and all which appertains thereto, that tightens up the cords of friendship, and makes good will among men and women. Here is the glow of home. There is no mistaking the

good intentions of this apartment if they are in existence. If a man is not at home here he will not be anywhere. From this precinct he goes out and realizes the full meaning of the couplet:

> Fate cannot harm me,
> I have dined to-day.

You have, in advance, prepared your menu, and your table is arranged. If these are not satisfactory, granting that your better nature is at peace with all the world, you may be sure that the reason may be found in the fact that your architect and decorator have not done their work.

If there is anything in the construction of your dining-room that smacks of the dainty or delicate, have it removed.

You will never enjoy a dinner there, and your epicurean friend will go away from your presence with the feeling that "one thing thou lackest."

A gentleman who had seen the world, returned home and built him a mansion. Its furnishing was complete. The architect and the decorator left the house just as the owner's heart and taste had desired it. Some time after its occupancy a friend from one of the European capitals was his guest. This guest was a man who knew by intuition, education and observation, precisely what was required to make a house complete.

On the termination of his visit the host said: "I want your candid opinion about my house."

The guest thus appealed to replied, "You have no dining-room, therefore you have no house."

The dining-room, had been neglected. There had been no proper arrangement for light. The wood about the walls and ceilings were delicate. It was a child's idea of a play-house. The owner, in the first place, was a

man who did not give much thought to that most delightful enjoyment of lingering at his table. He had never read the "Autocrat of the Breakfast Table." He became disconsolate over the mistake and disposed of his house at a sacrifice.

There should be something rugged in the character of the dining-room. The wood-work overhead should have in it something suggestive of strength and durability. It should be native wood, and not light wood either. Antique oak, cherry, black walnut or mahogany are the ones most generally selected by people who understand what is proper. It is a matter of taste about its arrangement; that is to say, you may have it carved into as many fantastic shapes as the carver may have ideas; or it may be plain, with a high polish, of course.

What need to say that the other wood-work in this room should accord with the ceiling?

The location of the house may be such as to preclude the bay-window. But your good taste will receive no compliments if you fail to have such a window in this room. It is the basis of your decoration. We do not say that it is an essential, but if you are constructing your own house you will see to it that this protruding window is in this room.

It is the perspective of this apartment. It is the fountain where the birds sing; where the light is toned to any degree, and the retreat where the guest may rest his eye, it it wearies of your decorations.

In this room there is invariably a hard-wood floor, and it follows that you will invariably use rugs. These are the Turkish and Oriental; also domestic rugs, which, of course, come much cheaper than any of the foreign or Oriental rugs.

The furnishing of the room pertaining to the dining-table, sideboard and chairs, and other pieces of furniture, is all introduced to match the doors and wainscoting and other interior wood-work of the room. The woods mostly used at the present time are the antique oak, birch, black walnut, mahogany and other hard woods.

For portières and hangings for the doors, it would be a nice idea to introduce rug portières. The styles most used for portières are Kiss-Kalum, Karamanie rugs. Regarding other materials, which are also appropriate, there are plain velours and figured velours; also tapestries and heavy damask goods, which come in strong, rich colorings, becoming the dining-room.

Regarding the wall work, there is a great variety of desirable styles offered. There are printed tapestries which come in dull, rich effects, and which make beautiful and effective side walls. The chairs are done in leather, either plain, illuminated or embossed, in colorings to match the room. Velours and tapestries are also used for upholstering the chairs. The table-cover for dressing the table when not in use, is something that can be made very dressy and effective by adapting some sort of Turkish rug stuff, the margin to conform to the size of the table; or, a regular made velour or tapestry table-cover; and, further, an embroidered cover made from satin sheeting or plain velour, or heavy reps goods, which comes in solid colors, and which can be bought in the strong, rich and effective designs, and made to harmonize with the general effect already produced in the room.

Regarding the side walls, in case plain leathers are used, panel off with ornamental French nails in bronze or metallic tones of color. Papier-maché, and other bold

relief stuffs which come in this line of decoration, are also used.

The sideboard in your dining-room is a matter of taste, taking it for granted that, by this time, you have had the idea of harmony permanently anchored in your mind. Having conformed this to the wood-work of your room, it is for you to say how elaborate the sideboard may be. There is a wilderness of sideboards, and the decoration of them is endless.

It is not the intention of this work to make any individual citations. There are myriads of mansions and myriads of dining-rooms, and each differs from the other "as one star in glory differeth from another." The following description, however, of a dining-room just furnished by one who is universally credited with great taste and refinement, deserves a permanent niche. The writer says of this dining-room:

"It is a place where the epicure would feel at home, and even the surfeited would find an appetite. Its purpose can be gleaned from the Scotch blessing, carved deep in the black oak chimney-piece:

"Some hae meat and canna eat,
And some wad eat that want it;
But we hae meat, and we can eat,
And say, 'The Lord be thankit.'

"The dining-table is a pre-revolutionary relic from Maryland, and was imported from England long before the Stamp Act was passed. The chairs are also of mahogany, and are exact copies of a set that Voltaire once had in his house in Paris. The sideboard — mahogany, inlaid with light wood — is from England, and has held the good

things of earth for over a hundred years. Two fine deer heads, mounted, hang upon the walls."

I had occasion during investigations to meet a worthy gentleman to whom I propounded this question: "What is the most approved table for a dining-room?"

The gentleman smiled and replied, "I never knew of but one appropriate style of table for a dining-room—the round. Of course, there used to be the extension table, but it has gone out of date, and the round table has taken its place."

This is hardly the place to provoke any controversy, but the gentleman certainly spoke from the point where his observation last rested.

There has just been introduced into the dining-rooms of those who insist upon the latest, the three-cornered table. And it is already voted to be the most sensible table that ever contributed to a "flow of soul."

The hostess sits at the angle, and the host half-way between the two lower corners, facing her. By this arrangement the guests are evenly divided between their entertainers, and close enough to either to include them in the conversation. A low-massed floral decoration is the appropriate center-piece.

At a dinner recently served at such a table, there was a low bank of violets, edged with ferns, and at each plate an odd-shaped basket of gilded Japanese bamboo, filled with the sweet purple blossoms. The cloth was of the finest linen, with an elaborate pattern in drawn work, the undercloth being pink silk.

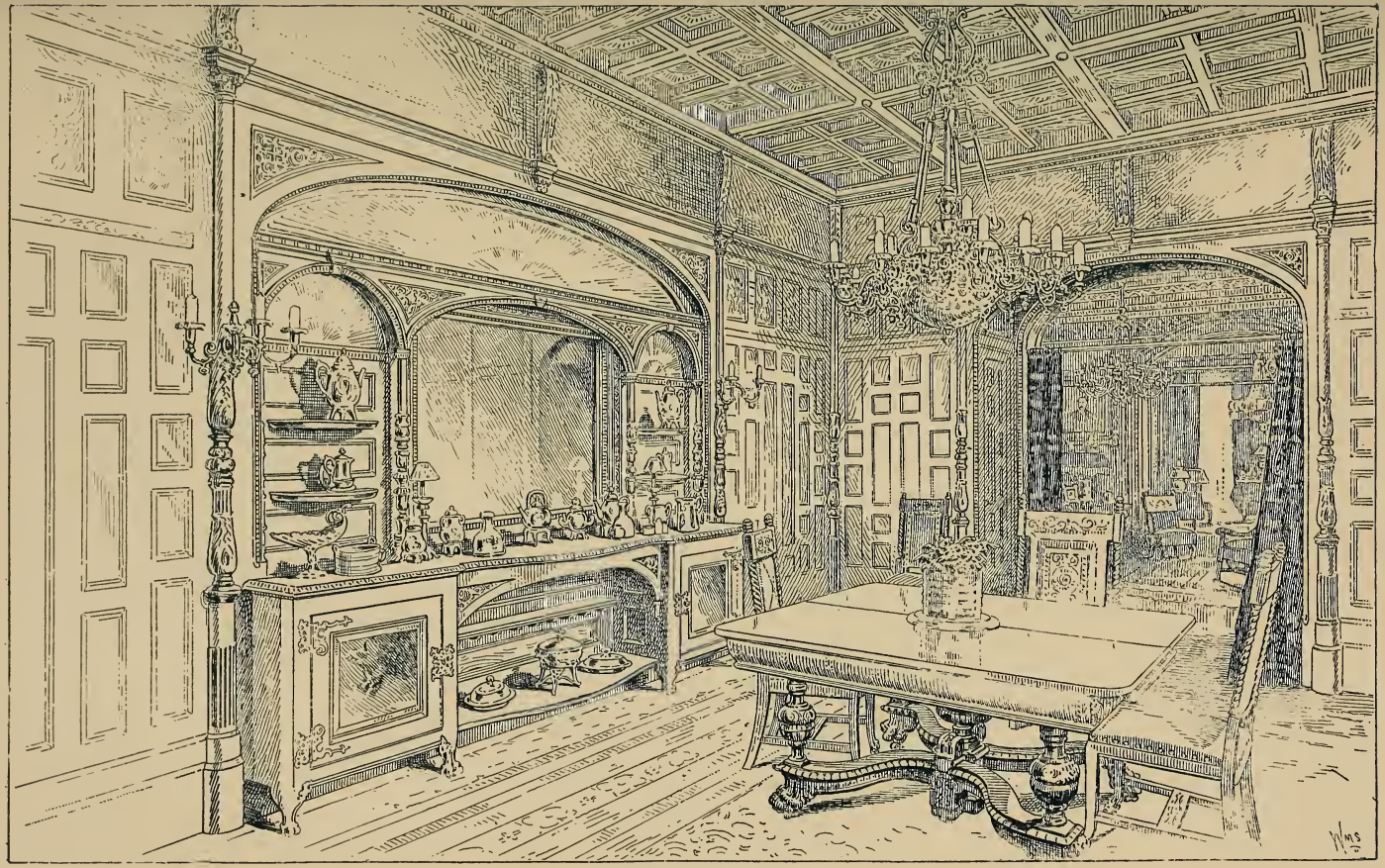
The three-cornered table is destined for awhile to succeed the round table.

On the mantel in the dining-room there is such an op-

portunity for the display of decorated china, or of a bronze figure — something suggestive of the chase. If you wish to go further, an archwork of wood may curve its way to the ceiling, and in the center of this, no design is prettier, and at the same time more useful, than a clock. If it be an old style make, nothing will be lost. The swinging of a pendulum stroking down the flight of time, with its "forever-never, never-forever" language, is a movement that will not in the least detract from the interest around the board.

A suggestion for the general furnishing of a dining-room — from a well known decorator — makes an appropriate closing for this chapter. He said:

"Let the velours and reliefs be rich and elaborate, thus giving what such a room should have — dignity and repose. The designs may be in varying shades of brown and gold, with coppery and iridescent gleams. The chief section of the wall is a very broad frieze. The ground, light, warm brown, shot with wavering parallel lines of coppery gold; over this, a raised pattern of circling and trailing ribbons of brown and gold sea-weed, coiled in the round openings of a lobster net, and tangled in its meshes. Below this, and separated from it by a band of embossed sea-shells and sea-weeds on a dull, gold ground, is the narrow wall space, covered with the cords of a fish net, through which may be seen small fishes and prawns darting among golden sea-weed. The dado is deep brown and yellow in color, heavily embossed, and of a strong, simple geometric design. Above the frieze, a broad border of large, brown fishes, some with golden scales, leaping through the swelling lines of conventionalized waves. The velvety velours are on both the walls and the ceiling. The latter is cov-



DINING-ROOM.

ered with the twisting, tangled meshes of a vast fish-net, creamy white in color, on a brown ground; around its edges are strong cords and floats, and here and there shreds of sea-grasses of metallic luster waving in slender curves."

We shall never tire of the grate or the fire-place. Our grandfathers used the latter as a necessity. We adopt it as a decoration. You saw it nestling under the mantel as you came into the house—in the reception-hall. Do not make the mistake, that having it there, it should not meet the eye elsewhere. Let your children have it in the dining-room. Let your guest see it as he is the recipient of your hospitality. It will impress itself upon him pleasantly as he goes away. If it be winter and your fancy should suggest a bit of warmth in this grate, so much the better. If it be summer, you can make it the receptacle for so many designs. You can bank it with flowers; you can make it a retreat for ferns. It can be put behind a screen of your own, or any make. About it you can gather a colony of bright things in brass. The fender and the fire-irons and the scuttle make a pretty effect for the eye. Swing a tea-kettle from a crane, and your immagination will hear the kettle sing; and if you care to throw about the opening something in the way of drapings, and you are the least bit inclined to be poetical, you may almost imagine that the gypsies are camping about.

The mantel above the grate may have a quotation inscribed upon it. These quotations, by the way, are quite proper in any room in the house. The idea suggests familiarity with authors. And what a pretty idea it is!

You have Dickens speaking in the dinning-room; Thackeray reminds you, at the entrance of the house, that

he is still living; Holmes is as talkative as ever in the guest chamber; and, Longfellow nestles down before you in the living-room, as he did in his own dear old home, when —

> The evening lamps are lighted,
> And, like phantoms grim and tall,
> Shadows from the fitful fire-light
> Dance upon the parlor wall.

And so on, wherever you may conduct your guests, you come in contact with song and sentiment of the departed.

THE GUEST-CHAMBER.

Every woman has somebody, who, living at a distance, pays her a visit. She comes to stay a fortnight or a season. She is tired when she arrives. The welcome at the lintel of the vestibule may have been of that cordial kind which warms the blood about the cockles of the heart. But the visitor can never feel completely at home under your roof until she has been shown into "her" chamber — the room which you have prepared for her.

You leave her for a few moments to arrange her luggage and look after those little things which are exclusive to every woman, no matter how intimate she may be with her hostess. It is in that hour, or piece of an hour, that your guest decides in her heart whether she is really welcome.

There is an easy-chair in the proper place, into which she sinks, and a momentary oblivion envelops her. Then she opens her eyes, and they fall upon a narrow paneled space between the fireplace and the mantel of the room —

or in some other place — and upon this she sees an inscription:

"*Tuum Est.*"

As an American humorist said, "That's Latin," and it means in English:

"IT IS YOURS."

If your guest has been much of a traveler, or if she has been much of a reader, this simple inscription will convey her back to Spain, and she will have her little dream of the proverbial hospitality of that polite nation, where the host always says to his guest, "The house is yours, señor."

It is such a simple thing, and means so much — this genuine hospitality.

When Bayard Taylor, the greatest of American travelers in his day — though many since his time have traveled further and seen more — was about to say adieu to Sir Walter Scott, who had entertained him with such simplicity and such hospitality, the historian, novelist and poet followed Mr. Taylor to the gate, and, taking his hand, said, "I will not say good-bye, for that is a word that always makes me sad. But I will say, come again and enjoy my hospitality."

I have devoted some extra time in arriving at a design the most suitable for this guest-chamber. Of course, in this, as in other apartments, there is a field without limit. There are ideas and fads without number. But from the whole I have selected one which is at this writing unique and a bit novel, and at the same time it is not expensive. Here it is:

The woodwork is painted in a dull olive green, with

little lines of gold around the panels in the doors, and other lines in the trim of the windows and door casings. The bed and dresser are of malachite finish ; the rockers, chairs and table are in copper finish. The floor is covered with a dull olive green carpet, and the walls painted an orange yellow, blending, toward the center of the ceiling, where it fades out into a cream. The windows are draped with pink and green draperies of thin silk, and tied back with ribbons of pink, soft green and orange. There are several little bows and knots of ribbons tied on the back of the chairs made of the same combination.

THE GENTLEMAN'S DEN.

Your grandmother was to be pitied. It is no ungrateful thing to say that, no matter how lavishly our husbands permit us to furnish the homes which they give us, there are times when we don't want them about. Perhaps it is better to mellow this sentence with the admission that there are times when they want to crawl into a nook of their own somewhere in the house, out of sight of our house-worry.

Your grandmother could never get your grandfather out of the way when house-cleaning day came round. And when one of his cronies made a call with his wife, they all sat in the same room, and, if your grandmother had a bit of gossip to tell her neighbor, or *vice versa*, they had to take a walk in order to get away from the men.

Have we made any advancement? We may as well be honest about it. So far as the chat is concerned, we have not. We gossip as glibly as the good old dears of that remote generation. But we have made one improvement. We have — thanks to our liege lords — provided

SITTING ROOM.

them a place to which they can retire, and still be at home. We call it the "Gentleman's Den." Our grandmothers had no room for such a place.

The men of to-day rather like the idea. They like to have this retreat labeled as a den, for it smacks of down-town. It is the club at home. Ah, dear madam, do not make any mistake. Do not let your home be too severely a home. Give your husband to feel that, although his home is the sacredest spot on this earth, it still contains a hole-in-the-wall where he can go and read his papers and magazine and smoke a cigar, or a pipe if he chooses, when the other apartments are undergoing the cleaning process, or when your dear confidante next door comes in to make *you* a call.

It is your mission, madam, to fix up this den. It is not to be done elaborately. No man wants to lounge in a palace. It is to be quaint and full of comedy. Never mind where you locate it. I peeped into one that was hid under a stairway — of course the stairway was a broad one. Here is a description of it:

The room was treated with India hand-printed cottons. The center of the "ceiling" was made from a large curtain pattern, upon which were many Oriental figures and hieroglyphics. The margin of the ceiling was filled in with a plain color. Around the "room" was a frieze about eighteen inches wide, made from this same printed India material, the walls being filled in with panels similar to those on the ceiling; and the margin around them with plain color. At a window was hung an India muslin curtain. The floor was covered with rugs. And there were an Oriental coffee table and smoker's articles, and

two or three large easy-chairs and a luxurious Turkish couch, covered with rugs.

The India cottons have a bit of history. In the far Eastern country from whence they came, they are worn by the women. One of them, a dress pattern, costs what is equivalent to one dollar of our money, and yet the East India woman never has enough money at one time to make a purchase.

An American merchant found some of these quaint cottons, and offered a dollar each for a quantity. The East India manufacturer, not unlike the manufacturer of the West, seeing that his goods were in demand, immediately advanced his price to ten dollars apiece.

The American merchant was shrewd. In the next market he bought one pattern at a time. These goods have found their way into our house-furnishing establishments, and, while they are used for many purposes, they are particularly adapted for that den to which your husband retires when there is an occasion, and, to be honest about it, you know that these occasions arise.

You can find these materials anywhere, and, if your salesman is the gentleman I have found him to be, he will rig up such a combination as this for you in one corner of his salesroom, so that you can have an idea of its unique beauty.

THE BED-ROOM.

It is still a question with many people who have mastered the art of living well whether the living-room and the bed-room should be one.

There are reasons for saying they should, just as there are reasons for saying that they should be distinct.

The bed-room is where we " wrap the drapery of" our " couch about us and lie down to pleasant dreams."

It is the resting place where we lounge when " darkness falls from the wing of night." If it be a bed-room simply, it is more or less confined, and, being so, one is unable to place within its walls the mementoes and pretty things which become a bed-room more appropriately than any other. It would seem, from some considerations, that " bed-room," or " sleeping apartment," is a misnomer. If this apartment is the living-room — to use our grandmother's name for it, the sitting-room — then " bed-room " is a misnomer.

With the advancement in everything calculated for such an apartment, there is no reason why it should not be the living, as well as the bed room. If it be used as a bed-room solely, it will never receive the same attention it would otherwise receive if it were the living-room. You may think differently, and be honest in the thought. But there will come days when it will be neglected in spite of your good intentions; these poor natures of ours are so apt to lag by the way, at times, in spite of the best resolutions.

There appear to be more and better reasons for throwing the living and the bed room into one than there are reasons against it.

Let me say, then, that they are one. It follows that the room should be the perfection of home. The children gather about you there in all of the seasons — they show their faces at the windows to watch the flight of birds, to see the world without, to follow the patter of the rain on the glass in summer, to watch the snow fall in winter, and, in the evenings, to look into the sky with its " groves of stars."

It is the place where the family pictures hang; where the husband confides the cares and pleasures of his life to the wife of his heart; where the wife adjusts the differences of the household; where she arranges her plans for to-morrow; where she takes her confidantes; where she mends for baby, for, no matter what her resources may be, the American mother loves to do this, and will do it. It is the place where the children say good night, and give their kisses, and from which they are taken to their own couches.

There must be times when one's head will ache, and the limbs grow tired, and what more appropriate than to pillow one's self in one's own living-room, from every nook of which some pleasant recollection looks down.

A kindly disposed man who knew something of the world, said to his house decorator, "Be careful what paper you put on the walls of my living-room, where I sleep. I am tired sometimes, and sometimes I am sick. My eyes do not close, and in such moments, when I am on my bed, and my eyes wander about the room, as they will, I want them to rest upon something pleasant on the walls. Don't select such patterns as will get me puzzled with their angles. There is everything to a sick man in the right kind of figures on the walls."

How shall this living-room be furnished?

Carpets offered for the entire floor are in body Brussels, Moquettes and Wilton, in unusually soft tones of color and simple in design to become the situation; and, if you will have, as you must, other rooms for sleeping, there should be a distinct feeling of color—blue to predominate, we will say, in one room, old rose to predominate in the other; or ivory or gray-blue and red, or

maybe moss green. Here is a good field to introduce printed stuffs, that come in soft, delicate tones of color, and make a wholesome and effective class of stuffs to use for the upholstery of chairs and couches and window seats if cushions are used; also the portières and window hangings of the room, taking one material with which to do the entire room.

Brass bedsteads offer themselves as one of the most desirable styles of bed to be used, as they are not only clean and good in that way, but they are desirable as a furnishing effect, coming in all widths from three to five and six feet, and in all prices, ranging in corresponding values with all manner of wood beds. In later years they have been introduced and used more than any other style of bedstead used at the present time. Regarding the bed and upholstery, the Metropolitan spring-bed is one of the most desirable to offer for brass bedsteads. A light-weight hair mattress, placed on top of the spring, makes one of the best.

Regarding the dressing of the bed, the French round drum bolster is the style favored, and is considered desirable. A spread is used; also a valence around the two sides and foot of the bed, all made of the same material. The bolster, spread and valence might be made from the same material as the window hangings and furnishings of the room. It might be the printed Morris stuffs. Outside of these, there are the French printed cretonnes and the Scotch madras and crete goods; also light-weight silk goods, such as India silk and the different lines of light weight of silk and cotton stuffs.

The dresser and chairs and table can be in light woods, mounted on brass trimmings, to match the brass bed. The

woods most used are maple, natural cherry, white mahogany and white birch. Or, if the woodwork is done in cream and gold, the woodwork in the furniture could match.

The heart of every woman runs to effective window dressing, just as the children run to this window to look out. And this is a good place to say something about curtains, whether they are for the living-room or other rooms.

There is an idea of purity in white thread lace; either the Saxony thread or the French thread are the handsomer style of curtain. Coming in heavier work, it is a richer and more beautiful curtain in appearance. Of course, you will use a white curtain for the parlor, for a sitting-room or reception hall — what is called the Renaissance lace, or the Arabian laces, that come with handsome lace edgings and lace insertions with a plain field or center of French gauze or French grenadine.

For a library, the Irish point, or Colbert, laces, in a cream tone of color, prove to be very effective and desirable curtains.

For the dining-room, generally an antique lace curtain, or a deep ecru Egyptian lace; or, if you please, an Irish point, which is considered desirable for that situation.

If there is a separate bed-room which shows conspicuously to the street, immediately over the parlor or reception-hall windows, use something in simple design and style becoming the bed-room, and to be agreeable in general effect with the curtains immediately below, which, of course, are the parlor or reception-hall windows. A simple style in Saxony thread-lace and the Swiss tam-

bour, also the Swiss embroidered muslins, make very pretty curtains for such a room. Figured muslins in small or medium-sized patterns, with a fluted ruffle down the face and bottom, or plain muslin looped back with a simple cord and tassel-loops, make very pretty curtains for bed-room windows.

Sash curtains are used generally to correspond with the style of lace curtains used in the window, either to be of the same style or to be agreeable to them in the point of coloring and in the style of complement, so as to avoid too great a variety in style of laces.

Not long since I saw a bit of furniture for the living-room, unique and appropriately arranged. It is the Windsor Combination Washstand. It serves a double purpose, that of writing cabinet and washstand. The wash-bowl is counter-mounted in a Knoxville marble top, and concealed by the desk lid, the reservoir by the cabinet beneath the glass, and the waste-water jar by the door below. By a new and novel patent device, the cabinet containing the reservoir is locked, compelling the removal of the waste-water jar in order to unlock it, thus preventing an overflow of waste water so objectionable in similar washstands.

The reservoir contains sufficient water for ten ordinary ablutions. It is made in antique oak, imitation of mahogany and walnut. The dimensions are 5 ft. 9 in. high, 2 ft. 6 in. wide, 2 ft. 2 in. deep, surmounted by a German beveled mirror 13 by 22 inches and 40 by 45 inches.

I saw a room where the woodwork was delicate in its carving and painted an ivory white. In summer the floor was covered with yellow matting, and in winter with wool. The rugs were numerous. The furni-

ture was in ivory and gold, in designs of the time of Marie Antoinette. It was a dream in decoration.

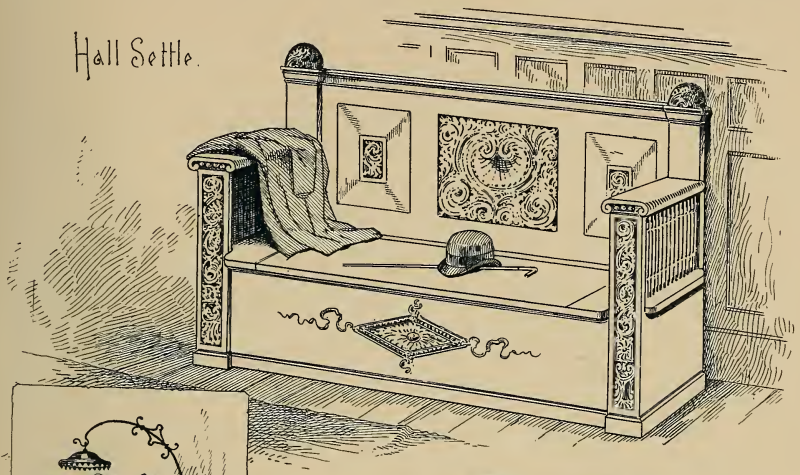
The following description of a dainty bed-room in New York is appropriate in this connection. The lady who gives me the description, says: "Economy was necessary. The walls are covered with a cheap chintz, showing a graceful flower pattern of small pink roses on a pale gray ground. This chintz is tacked on the walls, and finished by a narrow frieze border of the chintz. The floor, of ordinary pine wood, painted in a dark maroon and varnished, is nearly covered by a rug of pale gray Brussels 'filling,' which is edged all around with a worsted fringe of pink and gray. The mantel and hearth, which were of black marble, have been painted dark maroon, and there is a '*manteau de cheminee*,' or mantel drapery of the chintz, which has been caught up gracefully by pink ribbons, so as to form three festoons. The pine wood furniture is good in shape and design, and is painted pink and varnished, so as to resemble the more expensive enameled furniture.

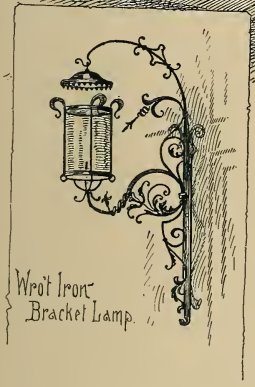
"The dressing table has hanging brass handles, and a wide swinging glass, and has a dainty scarf of full gray Momie cloth, with fringed ends, and little pink roses powdered over its surfaces, which are embroidered in crewels.

"The chairs are painted gray, and have rush-bottomed seats, and two bamboo chairs are painted gray, with back and seat cushions of the chintz, tied to the chair with bows of pink ribbon.

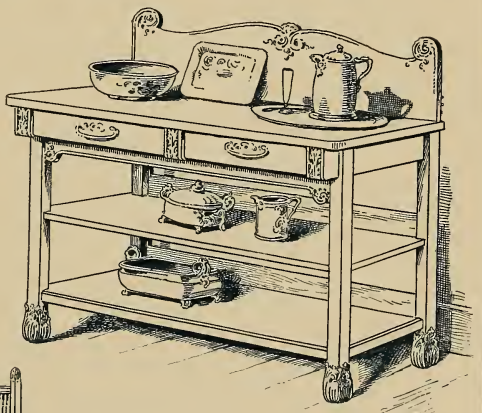
"The bedspread is of white bolting cloth, lined with pink silesia, and, like the dressing-table scarf, embroidered with pink roses. The spread is large, and covers the

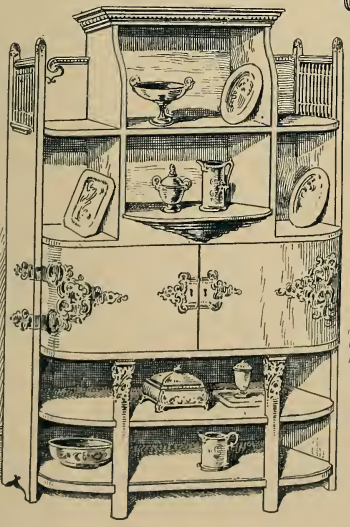
Hall Settle.

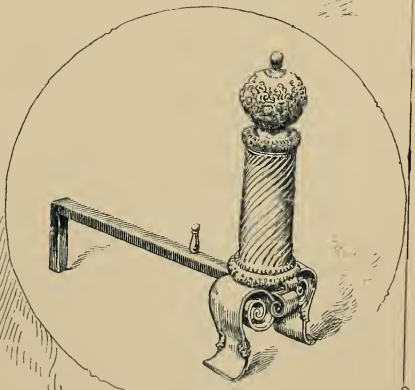




Wrot Iron Bracket Lamp.







A Brass Fire Dog.

pillows, and has an edging of Torchon lace two inches wide. A pretty little cherrywood cabinet hangs over the mantel.

"The window curtains are of bolting cloth — a cheap, transparent material — lined with pink silesia, and tied back with pink ribbons.

"The fireplace is bordered with gray, glazed ties, and there are brass fire-dogs and fender.

"The doors and woodwork of this pretty room are painted mahogany color, contrasting pleasantly with the prevailing pink and gray decorations. The ceiling is tinted a pale pink. A square table of cherry stands in the center of the room, and on this is a brass lamp, with dome shade of pink porcelain.

"The bedstead is of iron, painted pink, and finished at the head and foot with a brass rail, and balls at each corner."

An authority on these iron bedsteads submits the following: "They are now made on the lines of expensive brass bedsteads, and are painted — enameled, it is called — in any color to match the room, and in many instances they are decorated with brass balls and rods. The spread is so made as to reach the floor at the foot as well as at the sides, and the effect is beautiful. They cost from twelve to eighteen dollars."

Some one has adopted the idea of placing an upholstered chest at the foot of the bed. By lifting the top of the chest, you have a receptacle for your boots, slippers, leggings and overshoes. When the lid is shut, you have a place to lounge. These chests are having a run at the furniture houses. They are made in various woods, and are not only useful, but really ornamental.

We have seen these chests in bog oak, Flemish, sixteenth century oak finish, malachite, Cremona and in copper finish.

A young lady of Chicago, who is always on the alert for something novel, has a hammock in her bedroom for winter. It is swung diagonally in one corner. A long, narrow red cushion is tied to the meshes, and a round pillow for a head-rest is secured in place by long loops and ends of gendarme ribbons. There are also streamers of red and peacock blue ribbons tied to the upper ends, falling nearly to the floor, and in this daintily luxurious cradle she swings herself into the land of dreams and reveries.

Let me suggest the idea as worth adopting in the living room, and thus you have something tropical to the eye, even though your latitude is snowbound.

The fact that you have decided to live in the room where you close your eyelids for slumber, will not in the least deter you from making that apartment what it would be if you intended it for sleeping purposes only. A woman naturally recurs to her younger days — when she had her own sleeping apartment beneath the roof of the old home. She likes to " fix things " as she used to have them when she was a girl, and it is a pretty fancy. Indulge yourself in this to your heart's content. You will find it better for wrinkles than cosmetics, and more inspiring for ennui than any elixir of life.

Let this room have delicacy and softness of color, and tone. Do not have anything in it or about it that is rigid, stiff or suggestive of conventionality. Beware of brilliant colors and pronounced designs. Let it make the impression that it is the informal apartment of your house, and

you can do this, albeit you may furnish it with a luxuriousness that is Oriental. There should be light, soft colors, in quiet combinations; hangings with large, loose, indistinct figures; furniture with delicate curves; soft fur rugs and a plenty of cushions — nothing to irritate or excite the eye.

SHADES FOR THE WINDOWS.

It will not be information to those who are engaged in the elevating work of furnishing and decorating to know that no architect of to-day — we are living in 1890 — will ever permit an inside blind to a window.

There is more than one reason for this — and one of them is a pretty idea. You are out for a drive; your attention is directed to a residence. The windows — all of them — have shades. There comes to you the thought — always restful to the mind — "There's a home. Somebody lives there."

If the windows are blinded, and they should be closed, as they would be at a certain season when the occupants of the house are on vacation, the thought presents itself, with the same rapidity as the other, "Unoccupied." That is akin to desolation.

Aside from these reasons for shades, there is another, and a more practical one. The shade mellows the light in the home. It harmonizes. With shades of any given color, the decorator builds, for the shade is susceptible of being toned. If this shade is buff, for example, and that is objectionable because it admits the light with too much force, thereby causing the eye pain, to say nothing about injury to drapery, hangings and carpets, an inner shade, more opaque, is added, and there is created that subdued

light which is so essential in a home, and which, tempered with that hospitality that is one of the essentials of a perfect home, proclaims a welcome as we draw near the threshold.

And about these double shades, how artistically and fantastically are thrown the sash curtains — so pretty in effect, so dear to the heart of every woman, so unmistakably an index to refinement and taste, so full of rest to the master of the home and his guests.

Of course you have understood in all this that the proper thing for the outside shade is a plain opaque, and each window must be shaded alike. For the inside shade, Holland and plain brown linen, the latter the more expensive, are most in vogue.

The sash curtains are of Irish point lace, which may be purchased by the yard, although there are many effective patterns. There are also the Arabian laces, which give to the room that touch of the Oriental which is so delightful to a refined taste. There are the renaissance patterns, Saxony threads, and French point laces in patterns. It is impossible to exhaust the field. Herein again appears that individuality of decoration of which we have written.

Wherever there is a necessity, there is no trouble in arriving at a solution. Shades are a necessity. Hangings are a necessity. Sash curtains are a luxury. And, when one enters the labyrinths of luxury, one enters into a kingdom as vast as the sea.

Before leaving the subject of shades, it may not be amiss to state that in your sleeping apartment there should always be double shades, even if you omit them in other apartments. There is nothing so beautiful to the

eye as sleeping in a room, through the windows of which the morning light breaks. For health — and with health there follows always a brood of blessings — double shades are a necessity in a sleeping apartment.

One additional idea on shades before we enter that inimitable domain so dear to woman's heart — "the house beautiful." If your house is of a somber material, good taste will warrant your return to the school of decoration in vogue when —

"Venice sate in state, throned on her hundred isles,"

the old-fashioned Venetian blind. Your grandmother followed that school, and you may be sure, that, in adopting it in this age of beauty, you will violate no rule. Especially true is this in any house which has on it the impress of stateliness.

Need it be said, that, if you are following out the Chippendale school of decoration, you will not want the Venetian blind? About the Chippendale there was "a light, airy nothingness," in keeping with many of the French ideas so characteristic of the year 1700.

ELEGANCE FOR LITTLE MONEY.

How often in my rounds have I been met with the inquiry: "How can we who are not the salt of the earth, financially speaking, adorn our homes. Everything necessary for house decoration is so expensive that our tastes fail to reach them."

There are some homely sayings which come up now and then to answer what seem to be abstruse problems. One of these sayings is: "Where there's a will there's a way." A woman who has the innate love of decoration

will beautify an alcove and trim an attic in a way that would make any mortal content.

Now, here is a pretty room, and it is within the reach of that woman who has the love of home at heart, and who has a husband who is just half-way inclined to humor her whims. The decorator who gives it calls it "the pink room."

Very appropriate, for the woodwork is painted a pale pink color, the ceiling being tinted in light shade. The walls are covered with cheese cloth, cream white in color, plated in wide box pleats. A frieze of cretonne, eighteen inches deep, with cream ground nearly covered with pink roses and pale olive-green leaves, meets the cheese cloth, and is divided from it by a narrow picture rail in dead gold.

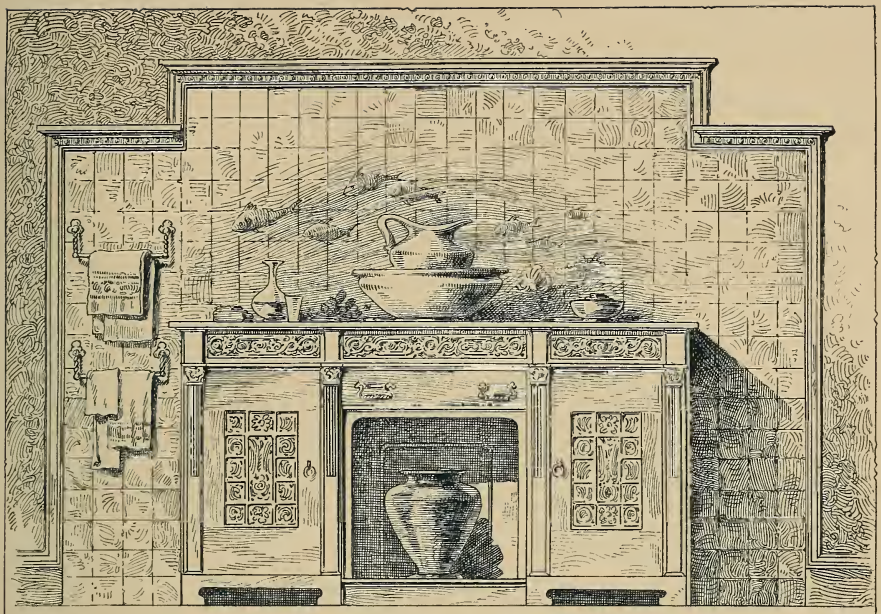
The floor is stained a dark color, and covered by a large Chinese cotton rug of white ground, with arabesque border and medallion of shaded pinks. These rugs are particularly adapted for summer.

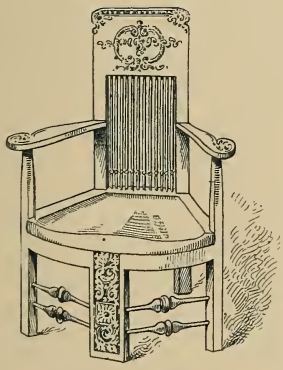
The sofas and chairs show no woodwork; they are covered with the same cretonne as frieze, upholstered in, with back and seats tufted. The portières are of cream white momie cloth, with wide band of same, embroidered in crewels, with a design of pink dog-roses.

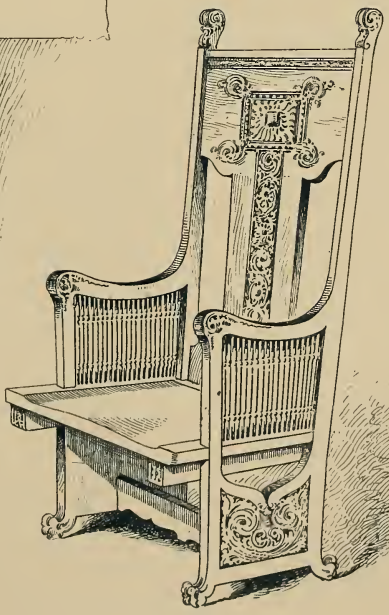
The window curtains are of cream white scrym, with pink stripes, and are tied back by wide pink satin ribbons.

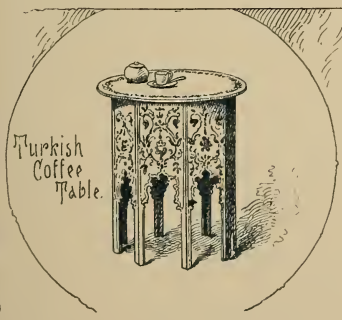
Little sash curtains of pink Chinese silk hang charmingly on rods, with only a narrow hem for trimmings.

The mantel-cover is a wide piece of pink Chinese silk, laid like a scarf over the shelf, the piece hanging over being looped up in the middle and toward each end, thus








Turkish
Coffee
Table.

forming two festoons, which are fastened by bows of pink satin ribbon.

Over the mantel, an oblong mirror framed in white-painted wood.

The toilet table, a simple square one, with a glass hung above it, is entirely covered with box-pleats of cream white cheese-cloth, with a ruffle of lace at the top. The glass is draped with cheese-cloth curtains, fastened back with broad pink satin ribbons tied in large bows.

In this pink room you place a brass or iron bedstead. If iron, it should be painted white, with a brass rail at the head and foot, finished with a brass ball.

Let the dressing of this bedstead be in harmony with your room. The spread should be of cretonne, like frieze and furniture covering, reaching quite to the floor, and finished with fluted ruffle.

There are bed drapings, hung to a small ring in the ceiling, of scrym, similar to window curtains. These are looped back by pink ribbons.

A square table of pine wood, painted white and varnished, has a white linen cover, fringed out, with drawn-work border, through which are run narrow pink ribbons tied in a bow at each corner.

A pretty white porcelain lamp with pink globe is upon the table, and one or two small rush-bottomed chairs, with frame and seat painted white, complete the furniture of this room — and where is the woman who cannot duplicate it?

PRETTY DEVICES FOR THE HOME.

Put a night-lamp in your guest's chamber. The idea is pretty and inexpensive, and is one of the latest. The metal lamp, better known as the nursery lantern, is tri-faced and shows an owl, a cat's face and the head of a water spaniel, with mock jewels in the eyes, through which the light streams. There are also classic shapes with dragon faces, griffin handles and high chimneys of colored glass, illustrative of the German renaissance, while the lanterns of blackened iron, with prism crystals, that swing from slender rods, are copied after the sixteenth-century lamps that burnt in the lofty cathedrals before the entrance of some sacred tabernacle.

The old-fashioned pillow is not so much used as formerly. Instead, the French bolster, made of down. They come in a bunch of three, and can be adjusted to suit. They are inexpensive and a luxury.

There are houses which have windows long enough for a cathedral. A clever idea for curtaining these, is to place a grill half way the length of the window, and from this hang the curtain. The upper portion can be shaded with any material in harmony with the general furnishing of the room.

While the iron and brass bedsteads are having precedence, there comes an occasional hint, that, when their day is over, we shall return to the old mahogany tester. Do not permit yourself to be persuaded into disposing of your old heavy furniture. It may be money in your pocket to pay storage on it.

A young lady of Chicago has an iron bedstead in her room painted pale pink, over which is a coat of varnish, giving it an enamel appearance. A plain Swiss-muslin coverlid and pillow-sham are edged with narrow lace, and lined with pale cambric. The corners of the pillow-sham are finished with a flat bow of pink ribbon.

In response to an oft-presented inquiry, we answer that the best authority on such matters suggests, in the construction of houses, that the library and dining-room should be contiguous.

Says a well-known writer, and truthfully: "A house may be really lovely, and yet not have a single costly article within its walls. It is only necessary for each article to harmonize with each other article, and to show thought and culture."

This also is true: "A thing is beautiful when it is fit for its use and position, and when it is true—without sham."

Books can be used as furnishings for all rooms. They give your house an air of intelligence. Cicero said of books: "They give strength in youth, and joy in old age; adorn prosperity, and are the support and consolation of adversity; at home they are delightful, and abroad they are easy; at night they are company to us; when we travel they attend us; and in our rural retirements they do not forsake us."

If your circumstances do not permit you to make your house extensive, and you are still a lover of books, put your library in your living-room, and have some of your books on brackets in the dining-room.

Copies of old Florentine silk tapestries with quaint designs outlined in gold and silver thread, or gray, blue, faded pink and dull red, are beautiful.

The rope portière is a new and pretty idea. The rope is covered with any material which good taste may suggest, and the lower ends of the ropes are tied in knots which serve for tassels.

Lamps and rare pieces of pottery ornament a book-case; and a wide sofa of bamboo, stained red, placed across the corner and made easy by cushions for back and seat of red plush, makes a library comfortable.

An idea for a summer bed-room: Cover the floor with cream white and green matting, with a pattern of large white and green blocks alternating. It can be bought for sixty cents a yard. A dado of the same matting, put on with small brass nails, can be put on the walls, which should be tinted a pale green. The bedspread is of scrym muslin, lined with pale green cambric. The pillow-shams are the same. Put scrym curtains at the windows, and loop them back with green satin ribbons. The window shades should be cream white linen, fringed.

One or two cream-white Japanese goat rugs should be spread upon the matted floor. The furniture, to harmonize, should be of pine, painted a light green. On the tables, scarf-like covers of scrym, lined with pale green. A pretty cane sofa, with a cushion covered with green flowered chintz, and a rocking-chair with similar cushions, tied by green satin ribbons, completes the picture.

Do not be afraid of the effect of screens. They are multitudinous in variety: stormy petrels embroidered in gold, silver and copper; storks done in heavy white silk; tall waving grasses in natural colors; the conventionalized chrysanthemum, in brilliant colors; the peony blossoms in all are exquisitely wrought. The size of panels varies from three to five feet in length. The long ones are generally made into three-panel screens, mounted in bamboo and brass frames. The shorter ones are made into single standing screens.

A pretty ornamental pedestal for a lamp is a column of Mexican onyx in white and clouded amber, with golden ropes twisted about it, and standing upon a gilt pedestal. The lamp upon it is Worcester royal, with cream white ivory finish, and scroll pattern of raised gold. The parasol shade is of cream white silk, brocaded with yellow roses, and bordered by a face of rich yellowish white lace.

The photograph album is no longer given a place in a fashionable parlor, if anywhere. There has been a good deal of romance in these old albums, and some of us, whose years run back further than we are willing to admit, may lay aside the old album with a sigh of regret. An authority on this subject gives us the following, which is the correct thing:

"The most popular thing for holding photographs is a hand-painted or embroidered box. Have either a wooden or tin box a little larger each way than your largest pictures, and decorate in sprays with oils, or else cover with canvas, and, after drawing careless, graceful clusters of wild flowers, paint them with luster paints. If

a wooden box is used, it must be lined with the prettily-quilted silk or satin that comes by the yard, and the outside covered to match or daintily contrasting. The lid may be fastened on with small brass hinges, or made to lift off by means of a ring in the top.

" Photo-holders also come in bamboo, little stands on feet with several compartments, and these are very generally used to hold collections of foreign views, comprising statuary, cathedrals, castles, etc."

Bamboo racks to hold books and newspapers come in various sizes, and are stained in various colorings, all in the natural ecru tint. They are more particularly designed for piazzas in country houses and the cottage by the sea.

White embroidery on linen is pretty, and is much used for the small center cloths which are placed over the damask table-cloth, serving as a central piece on which to place the jardinière, basket of flowers, or lamp.

There is at present a fashion for wrought iron, applied to objects made of bronze or brass. Of all objects in use none rivals in utility the iron grill, whether used for protection or ornament. The changes of fashion are not likely to affect this. Properly fixed window guards give more security than shutters. Elegant forms can be produced, within reach of every one, and thus can there be interposed between the window and the street, beautiful objects, that serve to screen the interior from observation and protect them by night.

I recently saw at Newport, a pretty house, which had a " sky parlor." An awning was put up solidly, and made to " reef" in stormy weather. Screens divided

into spaces, and rugs, arm-chairs, work tables and books made up the furnishings. One part near a high chimney was inclosed in glass, and in this cozy nook, a piano, a lounge and a tea table had been placed. The usual five o'clock tea was served there, and visitors were invited there. It was a retreat, and seemed removed from the "madding crowd," and remote from "rumors of oppression and deceit."

The apis deer from the West Indies yields a skin of rich brown flecked all over with white spots, which may be used for furniture of the floor. A novelty in the way of decoration is the half of a leopard skin, divided along the line of the spinal column, mounted on plush or colored goat; this is hung on the chimney-piece over the mantel.

Among the cheaper white rugs is the skin of the Iceland sheep; this has no odor, as most of the cheap rugs have, and, it is said, will not shed hairs for many years; the black and the colored ones of the same kind are very serviceable and remarkably cheap.

The fancy for oxidized and unburnished silver is beginning to wane; the majority of the new goods showing a bright, highly polished surface; this is a change which some housekeepers will decry, as it necessitates far more work in the care of silverware.

We have had Russian teas, Russian pictures, ghastly and gloomy, Russian literature, Russian fancies of every kind, but none has seemed so eminently appropriate and altogether delightful as the Russian fashion of covering our divans and floors with fur rugs. The woman who is the possessor of half a dozen fine fur rugs is the envied of

all her acquaintances. These she may use to adorn her rooms in a variety of ways. Some she will use for a divan, which is a popular piece of furniture nowadays; others, the foxes and small wolf skins, she will throw over the back of her easy-chairs.

Tiny bronze gongs, hung in a rustic arbor, are among the newest table bells. Chimes of gongs, from three to eight in number, are dinner-bell novelties.

A good story is told of a bright woman, who, when asked by her husband how she would like her house to be built, replied, laconically and pointedly, "all closets." "More closets" is the daily cry of all womankind. Occasionally, however, there is a woman who gets more than she wishes, or gets one in the wrong place, and then she is more troubled to know what to do with it than she would have been to know how to do without it. A designer has contrived an arrangement for one of these out-of-place closets, which is admirable. It opened out of a sitting room, where it was neither useful nor ornamental. The door was taken off; the wall finished with rough mortar; a handsome frieze of silver paper embossed and perforated — a new invention which comes in metallic colors — applied onto flock paper. There was no dado in this room, but one might be used if desired. There were three Moorish arches built out a foot and a half into the room; this woodwork was painted in pale shades of pink, blue and sea green. A long, wide, old-fashioned sofa was set back against the wall; about eight feet from the floor, directly over the sofa, was an ornamental shelf with Moorish designs reaching two-thirds of the length of the closet. Large pieces of pottery and bric-a-brac, which

could stand the height, were ranged along the shelf. Two good-sized wrought iron heads, with hooks projecting, were secured to the wall about three feet above the sofa; from these was suspended a long Daghestan rug, which covered the back and seat of the sofa, and stretched out two or three feet on the floor in front of it; luxurious cushions, which irresistibly invited to repose, were piled on either end; a "dim religious light" came from the Moorish lamp, which hung within, and completed one of the most delightful nooks.

Mr. Andrew Carnegie has a bed adapted from a first-empire model, in which the motive is taken from cornucopiæ. Four of them meet in the middle of the bed, and curve upward into low posts holding bunches of Easter lilies. It has no canopy.

"What," a lady asked of a house decorator, "is the prevailing style of furniture?"

He replied: "Principally renaissance. But in enameled furniture and white and gold there are the Louis XIV. and Louis XV. styles, and Louis XVI., with its many modifications, of which the Adams is the favorite."

"Colonial furniture is not a development; it is rather the result of the architect's limited resources, frankly accepted. Therein greatly lies its charm, perhaps. It answered the needs of the time — nothing more. A century ago we had neither the workmen nor the wealth for anything better. We could not have carvings, but we could have fan-shaped groovings and spindles. The appreciation of the fitness of the furniture of that epoch, showing traces of its mingled English and Dutch influences, gives it its creditable place to-day."

"What is the distinction between the Louis XVI. and Adams styles?"

"This is a question often asked. The lines of the Adams are straighter and more severe than those in Louis XVI. furniture. There is much the same delicacy and grace of form in the Adams that we find in the latter; but in the English adaptation, gilding and rich brocades gave place to simple inlays of rare woods for ornamentation and more quiet upholstering. Festoons of flowers, connected by small medallions, are a feature usually introduced into the frieze and fire-place, and the woodwork is white or cream-colored, without gilding or other decoration."

There are two pieces of furniture which are particularly valuable in contributing to the architectural effect of a room, the sideboard, and the bed. The sideboard may fitly be the efflorescence, as it were, of the wainscoting, carrying the lines to the ceiling, where it unites and becomes a part of the frieze and cove.

Bed-rooms have also become show-rooms, and chiefly owing to the architectural importance they receive by means of the bed, which, in many houses, is built in with the woodwork. The headposts are mortised to the wainscoting, and afford the most desirable opportunity for accenting the style of the room in form, ornament and draping. In some instances the bed is placed on a dais, and is approached by a step, and sometimes two. One can easily see what importance such an imposing piece of furniture so finely placed might assume in a room.

A long-felt want has been supplied by the importation of the Bagdad rug, which makes it possible for people

of moderate means to adopt the sanitary method of hardwood or stained floors, without having to buy an expensive covering. Formerly one had to buy a rug for $80 or $100, or else have a square of ingrain or brussels made, which was anything but handsome. These Bagdad rugs are nine feet seven inches long, five feet three and one-half inches wide, and are in two styles, striped and mixed. The former are $8.75, and the latter $10.75. They are, of course, not nearly so thick in texture nor so fine in quality as the Turkish, but they are closely woven, and apparently durable.

Turcoman portières in olive, cinnamon and blue, solid colors, with netted fringe, are $14.50 a pair; others, of lighter weight, are only $9. A cotton material in mixed colors of red and blue and white sells for $1 a yard; it is quite Oriental in effect, and would prove durable enough if the light upon it were not too strong.

Tinsel madras comes more heavily gilt than ever, at $1.95 a yard. It will wear reasonably well with care.

Low wooden screens in imitation of oak, twofold, and ornamented on top with spindles and balls, may be bought for $2. They seem to be strong, and are marvels of cheapness when compared with the prices asked for the simplest screens a few years ago. Taller ones are $3 and $4, and a threefold one, with panels of Japanese gold embroideries, is only $6.50. These pieces of furniture are wonderfully decorative as well as useful, and it is a pleasure to find them cheap enough for every one to have.

Some rich-looking French tapestry in dark red, green and old gold grounds have brocaded figures in flower

designs; they sell for $6.75 a yard. They are very thick and heavy, and are suitable for upholstered furniture or for tufted chair cushions. Where heavy portières are needed, this tapestry would be handsome, although it would be necessary to have a lining, which would add considerably to the expense.

In the ordinary house it is better to avoid elaborate draperies, unless the work is done by experienced hands; many of the hangings that are in the style of Lous XIV. are a snare and a delusion to the unwary, looking very simple and easy of construction, but in reality they are most intricate, as they are cut and made by patterns which are quite complex, and without which it is impossible to make them hang properly. They are a pitfall for the inexperienced, as they are apt to imagine that they are draped carelessly over a pole; an attempt at draping them in this way is generally enough to satisfy one that they are not as they seem. So that, unless you can have the work done by those who make it a business, and unless the room is in tone with such hangings, it is much better to use plain straight hangings, as they are never out of place, and are more dignified than an attempt that at best is but an attempt.

In this, as in every other form of decoration, the most severe simplicity is preferable to anything that tends toward the cheap and tawdry. There are so few people who possess the knack of using cheap and gaudy things well, that in the majority it is far safer to eschew them entirely.

AN AUTHORITY ON DESIGNS.

This is an interesting study—designs in furniture. I have had the opinions of many house-furnishers and decorators on this one point, and I adopt the exact language of one who has charge of the largest and decidedly the richest collections in the city of Chicago. He said:

"In the new styles of furniture the designs are simpler, and the ornamentation less elaborate and more chaste. The same principles are now followed in cabinet-making as in architecture. Barring special cases, which may be regarded as exceptions, there is a growing disuse of ornamentation, purely as such. Designers are seeking more and more the beauty that results from simple, even severe, lines and fine finish. In some styles, especially of tables and bed-room sets, this is almost carried to excess. The aim, of course, is to produce striking effects without such an expenditure of labor in manufacture as to prohibit sale, and, in so far as designers now sin in this respect, I think they sin on the right side.

"Taste is now gravitating toward the antique. With the exception of a few patent devices, such as folding-beds, office furniture, and revolving book-cases, nothing really new has been got out for years. The Eastlake patterns, so popular some time ago, were nothing but a crude adaptation of the Gothic. Painted furniture, once so popular, was novel only in its finish. So, too, with stained woods, which are used only for cheap goods. All these are now out of date, and designers are busy working over Romanesque, renaissance, Louis IV., and colonial patterns. We adapt and unite the different types just as modern architects combine different styles of architecture, and

many of our most pleasing effects are obtained in this way. The popular fad keeps us within the leading-strings of the antique, and, so far as this requirement is met, we are left free to make as many violations or combinations of art principles as we choose.

" In the matter of woods, oak has precedence. Cherry probably follows next. Birch and curly maple are much used, since they give a pleasing, dainty effect Walnut, which for some time has been out of favor, is gradually coming back again. Oak and cherry are now what walnut used to be — the staple goods — and I presume it will not be long before they, too, will yield to the popular fancy, and take the obscure corners of retail establishments. Mahogany will always be popular, but it is too expensive a material to be of wide use. Good oak can be had for $50 a thousand, and the same quality of mahogany costs $150, and, when the former will take as fine a finish, and give as pleasing an effect as the latter, it is bound to catch the masses."

HEALTH OF WOMEN AND CHILDREN.

CHAPTER I.

WOMAN'S PHYSICAL STRUCTURE.

THE health of woman depends upon the physical development, not alone of those structures that are common to both sexes, but particularly of the special organs and functions that characterize her own sex. How important, then, that every mother and every girl who expects to become a wife and mother should understand the structure and physiological development of those organs that impose on her special and ennobling duties in life, and may also, through ignorance, entail life-long disappointments, pain, sickness, premature old age and death.

To know herself, woman must study the structure of the various organs of the human body, and thus learn that in nothing but the organs of generation does she materially differ from her brother. She eats the same food, and this is assimilated by organs exactly the same as those of man. She breathes, thinks, sees, feels, hears and tastes in the same way as he, and the heart, liver, kidneys, skin, and all other organs are the same in both. As a rule, however, woman is smaller than man, and the various organs are proportionately so, but we often see as much difference in the size of individuals of the same sex as there is between men and women, so that we cannot be certain that this difference in size is not due to difference in environment in the formative period of life.

It is only when we reach the generative organs and parts connected therewith that the real difference in structure and function is manifest. The hips of women are broader than those of men, because the bones of the pelvis (haunch bones) are spread out more to afford room for child-bearing; and the mammary glands, or breasts, are developed in woman to supply her offspring with proper nourishment, while there is only a rudimentary nipple without a gland in man.

The special organs of sex in women are divided into the external and internal organs of generation, a knowledge of which should be here acquired in order to understand the important questions hereinafter discussed.

THE EXTERNAL ORGANS.

The external organs of generation are situated on the exterior of the bony pelvis or basin, where they can be readily seen, and are technically named: 1st, the mons veneris, or mountain of Venus; 2d, the labia majora, or greater lips; 3d, the labia minora, or lesser lips; 4th, the clitoris; 5th, the hymen; 6th, the perineum.

The Mons Veneris.—The mons veneris is a triangular eminence formed by an accumulation of fat under the skin at the lowest point of the abdomen, directly over the bony arch in front of the pelvis. It is peculiar to the female sex, and more prominent in young virgins than in mothers or aged women. It is also said to be more developed in young women who are natives of tropical climates. The skin over the part is smooth in early life, but at puberty it is covered with hair.

Its use has never been satisfactorily ascertained, but early writers claimed that it was more elevated just before

the menstrual periods and during sexual excitement, and from this supposition it derived the name, mons veneris, which means mountain of Venus, or mountain of love.

The Labia Majora.—The labia majora, or greater lips, also called " external lips," are two rounded folds or lips, extending longitudinally from the mons veneris, downward and backward, between the legs. They are covered with skin, externally, and, after puberty, this skin is covered, more or less, with hair. Internally they are lined with a delicate mucous membrane, which is supplied with glands, a fluid to prevent adhesion of the parts and protect them against irritation from friction.

These lips cover the external parts, and thus protect them from external irritation. During labor, when the child is about to be born, these lips elongate so as to materially increase the size of the opening, and thus permit the ready passage of the child.

The Labia Minora.—The labia minora, or lesser lips, also called the internal lips, are two folds of membrane situated between and parallel with the greater lips. They are composed of connective tissue, contain blood-vessels and nerves, and are covered with mucous membrane. Anteriorly they unite and pass around the clitoris, forming a hood which closely resembles the foreskin in the male, while posteriorly they are blended with the external lips. During the excitement of copulation these lips become filled with blood and somewhat erect, and are thus supposed to intensify sexual enjoyment.

The Clitoris.—The Clitoris is a small, red body situated between the anterior margins of the lesser lips, and is attached to the bony arch by two roots. In structure and general appearance it is like a miniature penis;

and is said to be the principal seat of sexual pleasure. In infants it appears of excessive size, often protruding beyond the surrounding parts, but this is due to the lack of development of the lips. Like the male organ, it becomes erect and increases in size during coition. In some persons it is inordinately developed, and this fact sometimes occasions the belief that the person is double sexed.

The Hymen.—The hymen is a fold of mucous membrane, which closes more or less perfectly the orifice of the vagina. It is crescent shaped, with the convexity directed downward and attached, while it is usually detached above so as to leave a small aperture for the escape of secretions from the vagina and womb. It is sometimes entirely closed, while again it may have several openings. It is usually thin and easily ruptured, but sometimes it is found to be thick and rigid, and may require an operation for its removal.

It has often been said, and still believed by many, that the absence or rupture of the hymen was an indication of loss of virginity, but such is not the case. It may be so easily ruptured by slight accidents, and even the use of a syringe, that great injustice must invariably result from a belief in this idea. Its presence is a sure sign of virginity, but the converse is not true.

The longitudinal opening which is brought to view by separating the lips, and which leads to the vagina, is called the vulva. This word is derived from a Latin word which means "folding doors." The term is also used to include all the external generative organs of the female when spoken of as a whole. Just inside of this opening, posteriorly, is a small gland which secretes a liquid to lubricate the parts.

The Perineum.—The perineum is the space between the back part of the vulva, and the anus, or back passage. Though not properly belonging to the generative organs, it plays an important part at childbirth, as its ready dilatation permits a speedy expulsion of the child, while the labor is greatly protracted if it is hard and rigid. It is often ruptured during labor, and, unless properly attended to at the time, a serious operation is required.

All these parts are liable to disease and accident, and therefore a general knowledge of their structure and functions is necessary to an understanding of what may be hereafter said regarding the health of the parts.

THE INTERNAL ORGANS.

The internal organs of generation are: 1st, the vagina; 2d, the uterus, or womb; 3d, the Fallopian tubes and ligaments; 4th, the ovaries. They are all hidden from view, and contained in the bony cavity, or basin, formed by the bones of the pelvis, or haunch bones. The bladder and rectum are also contained in this cavity, and, as they often bear important relations to the generative organs, they will be briefly described in connection therewith.

The Vagina.—The vagina is a cylindrical canal which connects the internal with the external organs. It is composed of muscular fibers, and is lined with a delicate mucous membrane. At maturity it is from five to six inches long, and about one inch in width, but this varies materially under different circumstances in life. It is largely supplied with blood-vessels and nerves, and is highly sensitive, especially near its orifice, where the tissue is spongy and erectile. Its upper extremity is attached to

the upper part of the neck of the womb, the womb being held by it like a cork in a bottle, except that the weight of the womb appears to invert the upper end in such a manner as to form a circular groove between the lower part of the neck of the womb and the walls of the vagina. It forms an outlet for the menstrual flow and for the passage of the child at birth. It is also the organ of copulation. It is subject to inflammation and other disorders which will be hereinafter described.

The Uterus.—The uterus, or womb, is a hollow, pear-shaped organ, situated above the vagina and between the bladder and rectum. It is very small in early childhood, but grows rapidly, and reaches its full size at puberty, when it is about three inches long, two inches broad at its base, and from one to one and one-half inch broad at the neck. Its lower part, or neck, projects into the vagina, and is covered by a mucous membrane which is continuous with that of the vagina. The mouth of the womb is a small oval aperture situated in the center of the lower extremity of the neck, and can be readily felt with the finger in the vagina. From this a narrow canal leads into the cavity of the womb. The cavity is narrow below, but expands toward the base, and has an opening on each side which connects with the canals of the Fallopian tubes. The walls of the womb are composed of muscular fibers about half an inch in thickness, and are lined internally by mucous membrane. Externally the womb is covered by the peritoneum, a delicate investing membrane which covers and holds in position most of the organs of the abdomen and pelvis. This membrane, through sympathy with the womb, often becomes the seat of inflammation, which is called peritonitis.

MISS VAN AUSTIN.

The impregnated ovum, or egg, is retained in the womb, and is nourished through the period of development, and at maturity is expelled by muscular contraction.

The Fallopian Tubes and Ligaments.— The Fallopian tubes are two small canals which extend from the upper part of the cavity of the womb to the ovaries. They are from four to five inches long, and are placed between two folds of peritoneum, which form the lateral or broad ligaments. The external extremities of these tubes expand like a funnel, and have projecting from them a number of finger-like projections. One of these is attached to the ovaries, while the others are free, and float around in a vibrating, wavy manner. When the egg ripens in the ovary, these finger-like appendages grasp the ovary, and suck the egg into the expanded end of the tube, and it then passes along till it reaches the womb. The canal is very small, and would with difficulty admit the passage of the finest knitting needle.

The ligaments, with one exception, are folds of the peritoneum, so arranged as to help to hold the womb in position. The broad, or lateral ligaments, inclose the Fallopian tubes and ovaries in their folds, and are thus more important than the others. There are two lateral, two anterior and two posterior ligaments formed by the peritoneum. The round ligaments are two small cords, six or seven inches long, which are attached to the sides of the womb, and pass up inside the pelvis, come out of an opening in the groin called the inguinal canal, and then divide into a number of little branches which pass into the tissues of the vulva. Their use is not known, but they are frequently the seat of inflammation when the womb is irritated.

The Ovaries.—The ovaries, or egg-beds, are two small bodies in a degree analogous to the testicles of the male. They are situated one on each side of the womb, and about two and a half inches distant from it. Externally they are covered by a dense, firm fibrous coat, which incloses a soft fibrous tissue, which is abundantly supplied with blood-vessels. In this tissue are found numerous small round bodies called Graafian vesicles. These are the sacs which contain the eggs, and, when ready to burst, they are found near the surface, so that, when the egg escapes, it is at once seized by the finger-like extremities of the Fallopian tubes and carried to the uterus.

The ovaries are often the seat of disease, and it is sometimes necessary to remove them to effect a cure.

CHAPTER II.

MAIDENHOOD.

MAIDENHOOD, in its broadest sense, means the state of being a virgin, but the term is used here to indicate the period between puberty and maturity, which covers about six to eight years. The term puberty is derived from a Latin word which means "to begin to have hair," and the name pubis is given to the bony prominence at the lower boundary of the abdomen, just above the generative organs, where the hair grows. In its broader senses the word puberty is used to indicate the beginning of the period when people are capable of procreation, or bearing children.

The age of puberty varies according to temperament, climate and mode of life. In girls it usually ranges from the twelfth to the fourteenth year, and in boys from the fourteenth to the sixteenth year. Girls develop more rapidly in warm climates, and puberty is sometimes attained as early as the tenth year, while in very cold countries it is not reached before the age of sixteen or even eighteen. In some cases even in our own climate girls are not developed till their sixteenth or seventeenth year.

As the girl approaches puberty, hair grows around the generative organs, her breasts enlarge, her hips broaden, her limbs round out, and her whole form takes on a classic beauty. Like the budding flower, she expands in every way till at last she blooms forth a blushing maiden. New

forces are now at work in her organism, and the romping, forward girl is lost in the retiring, bashful, sensitive being who has just crossed the threshhold that separates her from her brother and leads to the development of perfect womanhood.

A new and individual functional life now begins, the nature of which should have been fully explained to her before, and by her mother. The ovaries and uterus, which have been undergoing a gradual development from babyhood, now take on their special activities and the period of menstruation begins. It is the appearance of the menstrual flow that marks the sexual development that is complete at the age of puberty, and, when this occurs, the girl is capable of becoming a mother.

It has long been the custom of physicians and parents to consider this as the critical period in the life of woman, and much has been said and written concerning the great care with which the girl should be watched during the first months of menstruation. This has been looked upon as the period of sexual development, while in fact the appearance of the menstrual flow marks the completeness of ovarian and uterine development, and the commencement of a health function which can only result from healthy and fully developed organs.

Dr. Ely Van de Walker, writing on "The Genesis of Woman," in the *Popular Science Monthly* for July, 1881, touches the key-notes of this subject in the following words:

"Young women become objects of parental and medical solicitude at a period when it will have but little influence on the perfection or imperfection of their sexual life. By the keenness of the vision directed to this period

of woman's genesis, they are blinded to all the years of formative childhood. Perfect function is an expression of perfect organs. Women do not reach the inception of ovarian life with organs in an infantile condition. During the years of childhood structural evolution goes on, and ends in the climax of function. It naturally follows that during the period of structural development are sown the seeds of ovarian ill health."

Dr. Van de Walker discusses the subject at length, and then draws the following conclusions:

First.—"That sex, structurally and functionally, from infancy to puberty, is in a state of slow and progressive evolution."

Second.—"That the time occupied in the establishment of ovulation is not the true crisis in the development of women."

Third.—"That under value has been given to simple ovarian growth and function as a factor in the development of womanly mental and structural peculiarities."

Fourth.—"That in a state of health the inception of the ovarian function is never paroxysmal or sudden."

Fifth.—"That perfect structural development is followed by perfect function, and that the reverse of this is true."

Sixth.—"That early diseased ovulation is mainly the result of physical, moral and hygienic faults of the true crisis of woman—that of formative childhood—rather than of the period of puberty."

He then adds: "With these facts before us, is it not legitimate to assume that the puberic period in woman's life has been overestimated in its direct influence upon her health at that and subsequent periods? Instead of

curtailing her opportunities for work and study, by throwing around her restrictions, and, as it were, creating a disability out of a natural function, transfer the attention and anxiety now lavished upon her to a period when all that makes woman in the best and noblest sense is in the process of elaboration; for it is during this time of rapid structural change that the future good or bad health is determined. Let healthy ovulation be the natural outcome of healthy childhood, and the function will obey its law of periodicity year by year, and all this time the young woman is as able to sustain uninterrupted physical and intellectual work as the young man. I do not wish to be understood as saying that at puberty, or at any other period of woman's life, the laws of health may be violated with impunity, but that a law of health is no more binding upon the young woman than upon the young man; that really there is no such thing as one law for women, and another for men. But the law of the woman is not the law of the child. The woman must follow those laws of health that keep her healthy; the child must be trained to obey those which will insure health in the woman. If I am right in tracing ovarian functional derangement mainly to the structural crisis, it is evident that the child must be an object of careful attention. It is not my purpose to mention the causes which will vitiate the development of the child. I desire to direct attention to this period as one full of danger to the future woman. Lest I be accused of ascribing too many of the disasters to which the functional health of woman is liable to the period of childhood, I will say that women, and all the functions peculiar to their sex, are liable to accident and disease at any time; but, if we accept the evidence of the

intelligent people who have the opportunity of observing large numbers of young women in schools and colleges, the early period of sexual function is not so liable to disease as when women are called upon to perform some of the higher duties of their being, later in life. * * My aim has been to fix, if possible, the actual value of the puberic age of woman as a crisis, so that there may be no factitious bar to her progress to either a higher education, or for her training for any of the skilled labors suited to her strength."

This is the only rational view to take of sexual development, and the chapters on "Babyhood," "Childhood" and "Girlhood," will fully consider the conditions under which such development can be brought about. Yet there are dangers incidental to puberty which must not be overlooked.

I have already stated that at puberty the girl is capable of becoming a mother. It is probable that in the early history of our race, before the stamp of civilization impressed itself upon mankind, woman may have been sufficiently developed physically to reproduce her kind; but, then, the necessities of providing for offspring were not recognized, nor was there any intellectual development to be considered. Under our present civilization, however, the girl who has just arrived at puberty has not fully matured. In fact, the sexual organs alone have developed sufficiently to prepare her for motherhood. Through centuries of heredity and environment her body has been doomed to a slow process of growth which is not complete till the age of twenty-one or twenty-two years at least; while opportunities of mental development have long been denied her at the very time when her

brother is expected to make the most progress, because a natural function has been looked upon as a diseased condition which disqualified her from performing either mental or physical labor. The sooner women learn the fallacy of this idea the better it will be for the rising generation.

Let it be understood that maidenhood is the time to expand and develop the girl into perfect womanhood; let it be impressed upon every maiden that she is not yet fitted for the duties of wifehood and motherhood, excepting in the sense that an animal is so fitted; let her understand that she has passed the days of girlhood, and that she must now fit herself for the more important moral duties of life. If she would be a housekeeper, this is the time for her to inform herself of all the important duties connected therewith; if she desires to pursue any special calling in life, now is the time she can do so to the best advantage; and, if she aims at a higher education, the years of maidenhood are the ones she should employ to place her by the side of her brother in the search for knowledge.

At the same time she must observe the laws of health, she must take proper exercise to secure muscular development; she must be clothed so as to meet the vicissitudes of the seasons, and at the same time not interfere with any of the natural functions of the body, and, above all, she must avoid tight lacing, thin and narrow shoes, and high heels.

Exposure to cold or wet at any time may result in sore throat, bronchitis, pneumonia, rheumatism, neuralgia etc., yet people are often so exposed without any bad results. So it is with exposure just before or during the

menstrual period. A person may be exposed a hundred times without any bad result, yet at any time such exposure may result in menstrual suppression or other functional disturbance. It is therefore especially advisable to avoid getting the feet or clothes wet during the menstrual period.

The injuries of tight lacing during maidenhood cannot be overlooked. The organs of digestion, as well as the womb and ovaries, are displaced by it, and hence congestion, inflammation and functional disturbances are sure to follow, and when they occur the cause is overlooked, and it is claimed that they are due to the tyranny of her organization. Again high-heeled boots change the natural axis of the body and give rise to uterine displacements which are supposed to be the natural heritage of women.

If we are to have healthy women the years between puberty and maturity must be guarded so far as the observance of the general laws of health are concerned and the correction of the errors of the past in everything that relates to women.

HIGHER EDUCATION OF WOMEN.

At this late day it is hardly necessary to make a plea for the higher education of women. They have so universally demonstrated their fitness to pursue the higher education, and their ability to compete successfully with men, that their strongest opponents have been long since silenced. Yet many still adhere to the belief that the majority of girls are unfitted to pursue the same course of study as boys on account of the peculiarities of their sex. Dr. Maudsley, of London; Dr. Clark, of Boston, and others,

have claimed that the menstrual function makes woman an invalid for one-quarter of each month, and thus renders her incapable of pursuing her educational advantages continuously. When such a condition does exist, it will always be found to result from the tyranny of modern civilization, and not from the tyranny of woman's organization. Perfect organization means perfect function, and any natural function does not interfere either with proper mental or physical effort. If it were true that woman is incapacitated for labor one-quarter of each month, why should not some sympathy be extended to the thousands of girls and women who are compelled to work the year round from early morning till late at night in the factories, stores, kitchens and fields all over the world.

When this side of the question is touched, many are willing to acknowledge that the menstrual function is normal, and may be perfectly healthy, and that it is not deranged by physical labor; yet they adhere to the belief that in consequence of that function women differ from men in their modes of thought. They even say that this difference is noticed in early childhood, and, as an instance of it, quote the passion little girls have for dolls. I need not tell any one who has studied the habits of children that this supposed difference does not exist, except as it has been developed by environment. Give a little girl her choice between out-door sports and the most beautiful dolls, and see how soon the dolls are forgotten; observe how she deserts her doll for the rougher toys of her brother, and then say if you can that the instinct of her sex makes her fond of dolls.

Examine the brain of woman by the most careful examination to which it can be subjected, and you cannot

detect the slightest difference between it and the brain of man, except that in size it is proportionate to the body, which is smaller than man's on account of the lack of physical exercise to favor development. But even in size the difference is not as great as has usually been claimed, but it is a well known fact that the brains of our great men have been taken as a standard, while those of women that have been examined have usually been taken from the unfortunate and usually uneducated class who die in our institutions.

Now, if the brain in both sexes is the same, and is thought is a function of the brain, as is now generally believed by scientists, the methods of thought must in the main be similar. It is true that it is influenced by education and the surroundings of every-day life, but there is no more difference in the method of thought in the two sexes than there is in those of two individuals of the same sex. If woman has not thought as deeply as man, it is not because she is incapable of doing so, but because, till recently, she has not had the opportunity of preparing herself for so doing. Whenever she has had a chance, or when she has had the courage to win her way in spite of opposition and disadvantage, she has proven herself equal to her brothers. In the field of literature, on the stage, on the rostrum and in the medical profession, she has won golden opinions from an exacting world, and in all these I will defy the most acute critic to point out wherein her methods, or the results obtained, differ from those of men.

The verdict of colleges where women are admitted on an equality with men, is that female students are as regular in attendance and as proficient in their studies as

males. And this, too, at a time when the way is just beginning to be opened up to them, and when they have not had equal advantages of an early physical education. Carefully collected statistics prove that there is no truth in the old notion that, during the menstrual period, girls were unable to attend college or to pursue their studies. It is true that some girls break down in health while attending school, but in every instance the cause of their failing health will be found to be entirely independent of their menstrual function.

Go where we will, examine this question from every possible standpoint, and we can find no evidence to prove that there is sex in mind or in education. All the differences that do exist result from false usages of society, from the desire of our American mothers to worship at the shrine of fashion, upon whose altars they have for generations placed their daughters as willing sacrifices.

The dawn of a new era has appeared, and more rational ideas of the education of women are occupying the attention of thinking men and women all over the world. It must be remembered that the formative period from infancy to puberty should be largely devoted to securing a healthy physical development, without which all attempt at education must prove a failure. Then the threshhold between girlhood and maidenhood is passed by the establishment of healthy sexual function, and the young woman is prepared to enter the lists with her brother and pursue the curriculum of college and university education with the same assurance of success as has heretofore been accorded to man alone.

Now the girl is expected to complete her education at sixteen or eighteen, and to marry at twenty. Under

the more enlightened methods just beginning, her period of education, like her brother's, will extend to the age of twenty-one, by which she will have attained a degree of intellectual development that will enable her to understand the duties and obligations of womanhood and motherhood, which can alone fit her for wifehood.

Her education must be directed primarily to a knowledge of herself, to the structural and functional laws of her being. Then she should be permitted to select such special studies as her tastes and inclinations dictate; and she should be made to understand that marriage for a home is degraded servitude, and that the self-supporting woman is sure to make a happy marriage, and to become a loving wife, a devoted mother, and a noble and respected woman.

CHAPTER III.

MENSTRUATION AND OVULATION.

Menstruation - Ovulation — Absence of Menses — Suppression of Menses — Chlorosis — Painful Menstruation — Profuse Menstruation — Change of Life.

MAIDENHOOD is ushered in by the establishment of the normal ovarian and uterine functions, which are manifested by a sanguineous discharge from the vagina, and for which every girl should be prepared by a full explanation from her mother or teacher. This discharge occurs periodically once every twenty-eight days from the time it shows itself, excepting during pregnancy and the nursing period, for about thirty years. The term menstruation is the technical name by which this flow is usually designated, and it means the flow of menses, or monthlies. It it also designated by many other names, as menses, monthlies, catamenia, courses, turns, terms, periods, flowers, monthly sickness, etc. Many of these names are purely local, and are therefore unintelligible to women in other localities.

This flow of blood is always dependent on ovulation, or the ripening and escape of the ovum, or egg, from the ovary. It is generally supposed that menstruation and ovulation are one and the same process, but recent investigation has established the fact that, while menstruation

cannot take place without ovulation, the latter does often take place without the former.

It is estimated that there are at least thirty-six thousand ova, or eggs, in each ovary; therefore, in the human family, only a very small number of these meet with the conditions necessary for fruition. These eggs exist even in fœtal life, and doubtless undergo a gradual development from birth to puberty. An examination of the ovaries just before puberty would show their surfaces studded with numerous nodules or projections, which are found to consist of sacs called Graafian vesicles, after the anatomist who first described them. These sacs contain the eggs that have attained the greatest development, and when puberty is reached one of these vesicles becomes congested and the further development of the eggs takes place more rapidly. The size of the egg and excessive amount of blood in the part cause the Graafian vesicle to rupture, and thus the egg escapes from the ovary. At this moment the finger-like extremities of the Fallopian tube grasp the ovary and the escaped egg is sucked into the canal that leads to the womb. As a rule it takes the egg about fourteen days to pass through the Fallopian tube and out of the womb, unless it is impregnated during its passage, in which case it is lodged in the womb. After the first egg escapes, it leaves a cavity in the Graafian vesicle, which gradually contracts into a small yellow spot, called, from its color, the corpus luteum, or yellow body. As soon as one egg escapes, another vesicle begins to enlarge, and in about four weeks it has matured, and escapes the same as before described.

This process of the development of the egg and its escape from the vesicle is attended by a marked conges-

tion, not only of the ovary but also of the womb, and, as that organ contains a complicated net-work of blood-vessels, it is easy for those vessels to become distended with blood to their fullest capacity.

In this engorged condition of the womb a considerable amount of blood is filtered through the coats of the veins and through the mucous lining of the womb into its cavity, and from there it escapes by the neck of the womb into the vagina. It is this blood, mixed with mucus and scales from the mucous membranes of the parts through which it passes, that constitutes the menstrual flow, and it is clear that its appearance is due entirely to the process of ovulation.

Normal menstruation should come on at regular intervals, without pain or sickness in any form, and, when these are present, they show that there is some abnormal condition of the womb or ovaries, or both. The flow lasts from three to six days, depending on the condition of the person, the plethoric or full blooded usually having a greater flow than the naturally delicate and nervous. In many cases, however, a profuse flow indicates general debility, even where no immediate symptoms of an unfavorable character are recognized.

The menstrual blood in health resembles venous blood, except that it does not coagulate or clot when it comes in contact with the air. In all cases where the blood clots, the flow is attended with pain, and is therefore unhealthy.

As stated in the preceding chapter, the age at which sexual development terminates in the establishment of healthy function varies in different climates and in different individuals in the same climate. In Persia, Arabia, Egypt

ISABELLE URQUHART.

and other parts of Africa the menses appear at the age of nine or ten years; in Italy, Greece and Spain, at about twelve; in our own country and those in corresponding latitude, it commences at fourteen or fifteen; while in elevated northern regions it does not show itself till after the twentieth year of age. Girls who are brought up amid the excitement and frivolities of city life, usually menstruate earlier than those who have developed among the healthy environments of the country; and brunettes menstruate earlier than blondes. But, when menstruation once sets in, it usually lasts in all alike for about thirty years; and, in calculating the time for the cessation of the menses, we have as a rule to find out the age at which the flow began, and, by adding thirty to that, we get the age at which we may expect the " change of life."

While healthy menstruation does not interfere with a woman's mental or physical labor, yet it does not follow that she should be imprudent and disregard the laws of health at this time. Exposure to wet and rain will often result in an arrest of the flow, which may be followed by serious complications, but at another time a similar exposure might act as an exciting cause for an attack of rheumatism, neuralgia, pneumonia or bronchitis. In either case it is always safe to avoid at all times any unnecessary exposure of this kind. Though " Cleanliness is next to godliness," it must be borne in mind that cold water should not be used for local bathing during the continuance of the period. Use warm or even hot water to cleanse the parts, and, with most persons, an injection into the vagina, as hot as can be borne, may be used with advantage once a day during the continuance of the flow.

After the flow has ceased, no woman should neglect to cleanse the vagina by a free injection of warm water. For this purpose a teaspoonful of pure carbolic acid should be put into a quart of tepid water, and this entire quantity thrown into the vagina with a fountain or bulb syringe. This removes all particles of blood and mucus, which might otherwise decompose and cause a disagreeable odor, if not an irritation of the vagina.

In some cases a girl fourteen or fifteen may not have developed either in the breasts or hips, and of course the menses do not appear. In such cases no attempt should be made to force menstruation by any system of medication, for the lack of development is an evidence that the system is not yet prepared for the establishment of the sexual function. In other cases, however, the physical development has gone on up to the time when the menstrual flow should appear, but it fails to do so. Here we have conditions that require special attention, which they will receive under the headings of "Absent Menstruation," and "Chlorosis, or Green Sickness."

ABSENT MENSTRUATION.

Menstruation may be absent in consequence of the absence of the ovaries or womb, in which case the girl remains undeveloped, or even has a masculine appearance. There may also be a tardy development of the generative organs, as before stated. In both these cases we must wait so long as the general health does not suffer.

Again, the development may be complete, the general health apparently good, and pronounced symptoms of painful menstruation present, yet no flow shows itself. In such cases there may be an occlusion or complete clos-

ure of the mouth of the womb, of the vagina or vulva, or the hymen may close the opening completely. In all such cases the family physician should be consulted at once, and, if he seems in doubt, an experienced surgeon should be called without delay.

When the body and generative organs are fully developed and the menses do not appear at the proper time, we cannot fail to recognize a chain of symptoms that clearly indicate the nature of the trouble. The most pronounced symptoms are a sensation of fullness in the head, with a beating, throbbing headache; pain in the back and loins; slow pulse, irregular circulation, with hands and feet alternately hot and cold; a florid countenance, and, at times, a clammy skin, which again becomes harsh and dry.

These symptoms are usually the outcome of sedentary life, and indulgence in rich and indigestible food, and are never met with in girls who have been properly reared according to the rules laid down in the chapter on " Childhood."

Congestion of the womb and a sluggish or inactive condition of the blood-vessels of that organ give rise to these symptoms by preventing the menstrual blood from filtering through into the cavity of the womb. The result is that the womb and ovaries become enlarged, and and press upon the nerves that supply them, and the blood that should thus escape is by degrees returned to the the general circulation. Until the flow is regularly established these symptoms recur every month with increased severity, and in a short time the general health suffers, and the victim falls into a decline.

Sometimes menstruation is established at the proper

time, and is suddenly suppressed. This may occur at any age, and may result from exposure to cold or damp during the menstrual period. Girls who have not been instructed, often make an effort to hide the blood on the first appearance of the menses by bathing the parts in cold water, thus suddenly contracting the blood-vessels of the womb and stopping the flow. Severe mental emotion preceding or during the flow may also cause suppression.

On recovering from a fever, or other acute disease, the menses may fail to appear for some time, and in consumption and other wasting diseases they stop suddenly and remain permanently absent.

Where the flow has once been normally developed and then remains absent, it is important to determine whether the cessation is due to pregnancy or not. If the symptoms above mentioned are not present, it is best to withhold judgment till a careful examination is made by a competent physician to determine the true state of affairs.

Treatment.— In all cases of the non-appearance of the menses, the girl should take abundant exercise in the open air, the diet should be nutritious but plain and non-stimulating, a daily sponge bath should be taken followed by brisk friction with a coarse towel, and the bowels should be kept regular. When the fullness of the head and headache begin to come on, the feet should be bathed in hot water at bedtime, and a hip bath, as hot as can be borne, should be given two or three times a day, and hot-water bags should be applied over the lower part of the abdomen on going to bed.

If the bowels are constipated they should be opened freely with an ounce of Rochelle salts, citrate of magnesia, or a dram of comp. jalap powder. To relieve the

head and back, and at the same time to relax the tension of the womb, the following may be given with great benefit: Tincture of gelsemium (fresh root), one ounce; tincture of black cohosh, two ounces; simple syrup, enough to make six ounces. Dose — one teaspoonful after each meal and at bedtime. This treatment will usually bring on the flow, by causing a relaxation of the tension of the uterine vessels.

In cases where the flow has been suppressed after having appeared, the hip baths and hot water bags must be used, and the above mixture given at the time the flow should appear. If it fails to do so, some aloes and iron pills should be obtained, and one should be taken after each meal and at bedtime till the time for the next period comes round. If severe inflammation of the womb is present, it may be relieved by frequent injections of warm water into the vagina, in which a teaspoonful of carbolic acid is dissolved in a quart of water. If this fails, a physician should be consulted.

CHLOROSIS, OR GREEN SICKNESS.

Chlorosis, or green sickness, is a disorder of the general health, marked by languor, extreme debility and disordered stomach. It is generally considered a disease of the blood, in which there is a deficiency of iron and the red corpuscles. The skin is of a yellowish or dirty cream color, which fact gives the disease its name. It most frequently occurs at puberty, and, when it does, the menstrual flow is scanty, painful and irregular, or entirely absent. It may also occur later in life, when it is usually preceded by profuse menstruation and leucorrhœa. It is characteristically a disease caused by imperfect nutrition,

and, when once developed, it is liable to give rise to St. Vitus' dance and other serious complications.

The symptoms of chlorosis are great languor, dislike of exercise, fatigue on the slightest exertion, melancholy, love of solitude, disposition to weep without cause, impaired or perverted appetite, coated tongue, constipated bowels, flatulence, offensive breath, palpitation of the heart, quick, weak pulse, frequent headache, and all the symptoms of indigestion. As the disease advances, the muscles become soft and flabby; the lips, gums and inside of mouth become pale and bloodless; and the skin takes on the characteristic greenish-yellow hue. The menses have not appeared, or are very scant at first, and then become entirely suppressed. A slight cough is often present, even when there is no indication of lung trouble. The tissues waste rapidly, and it seems that death is inevitable.

Treatment.—The objects of treatment in chlorosis are to correct any disorder of the stomach, and remove any other disease that may be recognized; to restore the blood to a normal condition by proper diet, exercise, bathing, and the use of iron and vegetable tonics; and to stimulate the womb and ovaries to healthy action. Constipation should be overcome by taking one compound podophyllin pill every night till the bowels move freely every day; all articles containing starch or sugar should be excluded from the diet, and beef and mutton in various forms, with milk and eggs, should be given freely, and, to aid digestion, one teaspoonful of elixir pepsin, bismuth and strychnine should be given immediately after each meal. Fluid hydrastis may be given in ten-drop doses in a tablespoonful of water, fifteen or twenty minutes before each meal.

This will be found a valuable stomach tonic, which soon creates a normal appetite and aids digestion. As soon as the stomach begins to perform its work properly the blood may be enriched by giving half a teaspoonful of dialyzed iron in a tablespoonful of water, an hour after each meal.

After the general health begins to improve, the uterine function may be stimulated by twenty drop doses of tincture of black cohosh before each meal, and an aloes and iron pill an hour after each meal.

There are, however, so many serious complications met with in this disease, that it is never well to depend on home treatment. An experienced physician should always be consulted, and the treatment carefully carried out under his directions. In this way, and by careful attention to proper hygienic surroundings as fresh air, sunlight, moderate exercise, cheerful company, and wholesome, nutritious food, all cases of chlorosis can be radically cured.

DYSMENORRHŒA, OR PAINFUL MENSTRUATION.

As previously stated, normal menstruation should not be attended by pain, languor or inconvenience of any kind; in many women the flow is so often preceded or accompanied by pains in the back, lower part of the abdomen and limbs, that it is believed that such pains are natural to menstruation. Such pains, though unnatural, are usually slight and of short duration, and are not considered as painful menstruation.

When the pain lasts during the continuance of the flow, and causes intense suffering, we have a diseased condition which is called dysmenorrhœa, or painful menstrua-

tion. Physicians have recognized three distinct forms of this disease, which are described as mechanical, congestive and neuralgic dysmenorrhœa.

Mechanical dysmenorrhœa is caused by a stricture or undue narrowness of the canal leading from the cavity through the neck of the womb. In these cases the menstrual blood accumulates in the cavity of the womb faster than it can pass out of this constricted canal, and hence nature attempts to force the blood out by uterine contraction, thus causing pain similar to that of childbirth, which continues till all the blood is forced out of the womb.

In congestive dysmenorrhœa, the mucous membrane lining, the canal and cavity of the womb, becomes so filled with blood that the diameter of the canal is encroached upon and temporarily obstructed. This prevents the blood from escaping in the same manner as the stricture does, and the contractions of the womb again cause the pain, which continues till all the blood escapes. If the congestion continues for some time, and finally ends in inflammation, long shreds of membrane are thrown off from the cavity of the womb, and the passage of these causes still more severe pain than the other forms of the disease. When inflammation is present the patient suffers considerble pain during the interval between the menstrual periods.

Neuralgic dysmenorrhœa is recognized by sharp, darting, cutting pains, starting in the region of the womb, and extending to the ovaries, back and thighs, and in some cases similar pains are felt in the breasts. These pains occur at intervals for three or four days preceding the appearance of the menses. During the flow there may be no pain part of the time, and then severe ex-

pulsive pains, resembling labor pains, will come on at intervals of a few minutes apart. The flow is very scant at first, but gradually becomes free as the pain partially or entirely ceases. This form of the disorder may result from cold, and only occur at one period, or it may become habitual, being very mild during some periods, and greatly aggravated at others.

No woman requires to be told that she has painful menstruation, but, with the exception of the neuralgic variety, she cannot tell what variety she suffers from; and, as the treatment depends on an accurate knowledge of the condition of the womb, the physician should make an examination before commencing treatment.

It will be found that mechanical dysmenorrhœa is most common among maidens who have just begun to menstruate, and who have suffered from the first period. Yet cases are also found later in life, especially among women whose wombs have been injured by different labors or criminal abortion. Young girls may also suffer from the congestive form, but this and the inflammatory conditions are more commonly met with among married women. The neuralgic variety may occur at any period of life, but is most commonly met with among unmarried women about the age of thirty.

Treatment.— Mechanical dysmenorrhœa must be treated by mechanical means. Cutting the canal through the neck of the womb to make it larger is practiced by many specialists, but is mentioned here only to be condemned as a general practice. In some cases the mouth of the womb is almost occluded, and here the cutting is necessary. Dilatation by sponge and sea-tangle tents is also resorted to for the purpose of enlarging the canal,

and, when no other means are at hand, it may answer the purpose, though it is painful and often tedious. By the use of modern instruments for dilatation, by skillful hands all mechanical obstructions can be removed so that the menses will come and go without pain or suffering of any kind.

The pain of congestive and inflammatory dysmenorrhœa is best relieved during the period by the free use of hot hip-baths and the administration of the following: Tincture of gelsemium (from fresh root) one-half ounce; tincture skunk cabbage (fresh root), one ounce; viburnum compound (Hayden's), enough to make six ounces. Mix, and take one teaspoonful in one-third goblet of boiling water every half-hour till relieved. During the interim between the periods the congestion or inflammation should be cured by proper local treatment.

Neuralgic dysmenorrhœa may be relieved by the mixture above recommended, and it should be given in the same way. Where the disease is habitual, great benefit is derived by continuing to take one dose of the same mixture after each meal and at bedtime during the interim between the periods. Unmarried women over twenty-five who suffer from this form of dysmenorrhœa will almost invariably find permanent relief from marriage, the reason for which will be given in a subsequent chapter.

MENORRHAGIA, OR PROFUSE MENSTRUATION.

The term menorrhagia means an increase in the menstrual flow, a condition which is commonly called profuse menstruation. This may occur at any period of life, in the full-blooded and robust, or in the feeble and delicate.

Some women always have a profuse menstrual flow, and yet appear to be in good health, but, as a rule, such a flow indicates either an excessive quantity of blood in the system, or a general weakness which permits almost an actual hemorrhage from the womb.

In some cases the menstrual flow occurs every two or three weeks, or even oftener, and again the periods may occur regularly, but the quantity of blood lost is very excessive. In some cases the discharge is normal menstrual blood, while in others it seems like a hemorrhage from the uterine blood-vessels. In these last-mentioned cases the blood coagulates, or clots, in the womb, as well as in the vagina, and after it has escaped from that canal.

The usual symptoms of menorrhagia: General debility, paleness of face, cold feet and hands, severe pain in lower part of the back and abdomen, severe headache at times, and derangement of the stomach. It may be caused by cold, severe exertion, mental emotions, excessive sexual indulgence, severe child-birth, and abortion. Aside from the general condition of the system, the uterus is almost always in an unhealthy condition when profuse menstruation occurs, and it is therefore important that proper medical skill should be employed at the earliest possible moment. During the profuse flow the patient should keep quiet, and avoid all undue exertion, and if the case is severe she should remain in bed till the flow stops. As soon as it does so, the general and local treatment should be commenced, and continued through the interum.

CHANGE OF LIFE.

The ovarian and uterine functions continue operative for a period of thirty or thirty-two years, after which there

is a cessation of the menstrual flow. This indicates a cessation of ovulation, after which a woman is incapable of bearing children.

This climacteric period is called the *menopause*, or "change of life," during which women have been taught to expect that they must of necessity be invalids, and that it is a critical period through which they cannot pass without great suffering, and danger to life and reason. This is a great mistake, and every effort should be made to make women understand that the ailments incident to this period are due to some previous disorder of the uterus or ovaries, or to some other diseased condition of the body.

In healthy women the menses cease for good with no more inconvenience or suffering than attends the cessation of each monthy flow, and it is absurd to suppose that every woman must be an invalid for three or four of the best years of her life.

About the forty-fifth year of age the menses begin to be irregular, and after a few months cease entirely. In tropical climates the cessation may be several years earlier, while some women reach the *menopause* much earlier than others, even in the same latitudes. On the other hand, many women menstruate regularly till their forty-eighth or fiftieth year.

Among those who suffer at the "change of life," *hot flashes* is the most common symptom. This is first felt as a sudden heat of the body, which usually rushes to the head and face, sometimes causing dizziness. This feeling is often followed by a perspiration, and then a sensation of chilliness. Sometimes a chill precedes the hot flashes.

Profuse hemorrhage often sets in after the menses have been absent for several months, or it may occur every month for a long time before the final cessation.

Loss of memory, and other mental symptoms, are often met with, and for a time occasion great anxiety.

Indigestion, constipation, eruptions on the skin, and sleeplessness are also among the conditions met with.

Treatment.— It is of the first importance to impress upon women approaching the menopause, that the change is a natural one, and that they should not suffer from the disorders they have been taught to believe to be inseparable from this period of life. Out-door exercise should be insisted on, and also the proper ventilation of the sleeping apartment. Constipation should be overcome, and attention should be paid to the condition of the stomach. To relieve the hot flashes and dizziness, ten drops of *fluid extract of ergot*, three or four times a day, will be found of great value, after the bowels have been moved freely. Those who prefer it can take a one-grain *ergotin pill* after each meal and at bedtime. Should this symptom continue, or hemorrhage occur, or loss of memory or other nervous symptom supervene, the family physician should be consulted. He will certainly find some cause for these disorders other than the simple functional change, and, having found them, can usually relieve the sufferer in a short time, and thus disabuse her mind of the idea that the tyranny of her organization makes her an invalid at this period of her life.

CHAPTER IV.

WOMANHOOD AND WIFEHOOD.

Courtship — Marriage — Celibacy — Sterility.

AT the age of twenty-one or twenty-two the maiden who has improved her opportunities for mental and physical development should be prepared to enter upon the serious duties of life. Under a rational system of education, however, she will not consider that marriage is the only avenue open to her. She should be prepared to enter upon such vocation as her ability and inclination qualify her to fill, and she should pursue her calling with the expectation that she has to win her own way through life. It is only in this way that perfect womanhood can be developed; and, when women come to realize the value of independence, they will learn how much their sex will gain in everything that makes life worth living, over their sisters who, in the past, have been taught to believe that every woman's aim in life was "to get a husband."

The time has come when woman should not be dependent on man for protection and support; but, possessed of a healthy physical and mental organization, she should stand by his side as an equal in the fullest sense of the term. Every road to distinction should be open to her, and she should be eligible to any position in life she is qualified to fill. There should be no such thing as man's rights, or woman's rights, but equal rights should be everywhere recognized as the only true principle for the government of the world. What is right for man to

do should be right for woman, and what is wrong for woman to do should be equally wrong for man to do. Woman should be recognized as a rational, thinking being. She should neither be a toy, a slave, nor a shrined goddess, around whose altar the idle drones of society are expected to worship; but a companion, a friend, a helpmate and a safe adviser to man. There should be no rivalry between the sexes, for there is plenty of room for both. Under such a system all women would not aim to be lawyers and doctors, any more than all men do now; but men and women would still be found for every position of life, and labor of every kind should be paid for in proportion as it is well or poorly done, without regard to the sex of the operator.

Every true woman should have an aim in life, and this would enable her to meet man on a social and intellectual plane, where true and noble friendships could exist between the sexes without fear of the imputation of wrongdoing from slanderous tongues; and every human form would bear the stamp of that nobility that comes from earnest, honest toil. In such a life, men and women would have abundant opportunity of studying each other, and similar qualities of mind would gravitate together, and culminate in that true marriage described by Theodore Parker as " a continually falling in love."

All this would not unsex woman, nor rob her of a single womanly charm. On the contrary, health, education and equality would add to her charms and graces a hundred fold. While she would win preferment, and retain it, for her ability alone, she would still be loved and cherished as a mother, sister and wife; and she in her turn

would love a father, brother, or husband with all the ardor of her being.

Independent womanhood is the first step toward breaking the yoke that has so long degraded the weaker sex, and entailed so much misery, disease and premature death upon mankind. It saves woman from loveless marriages, from legalized prostitution and from unwelcome motherhood, and it must eventually redeem the race from all the follies and crime that beset our generation.

Our present social condition, in by far the majority of cases, robs woman of her womanhood, denies her the realization of her bright dreams of the happiness of wedded life, fades the bloom of youth and the smile of gladness from her face, makes her old before her time, and consigns her to a life of neglect and drudgery, if not to an invalid's bed, long before she has reached her prime. The causes that lead to such conditions are ignorance, unbridled passion, cupidity and bigotry; and, if we would bring about reform, we must fearlessly expose existing evils, and if possible point out the better way.

COURTSHIP.

It may seem strange to some that the subject of courtship should be referred to in a work such as this, and yet the careful reader will find that it has an important bearing on the health and general well being of women.

The saddest conditions are apparent, at the present day, in so-called fashionable society, where parents force their daughters to use all their arts to catch *desirable* husbands, long before they are capable of understanding the duties of womanhood. With nothing else to occupy their minds, these ignorant children, for they are nothing

more, rush headlong into the frivolities of the hour, and are ready to fall in love with the first man of supposed wealth who speaks to them pleasantly. They dance, take long evening walks, and submit to flattery and petting every night for a season, and then find themselves engaged to some one they know nothing of, or awake to realize that they were the victims of a summer flirtation. In either case they are worn out physically, and find themselves complaining of headache, palpitation of the heart, backache, nervous irritability, and often pronounced hysteria. In one case preparations for the wedding are begun, and the little remaining energy is exhausted by the never-ending shopping excursions and visits to the dressmaker and milliner, while the hours between evening and midnight are again spent in company with the aforesaid prospective husband; and before the marriage day arrives the bride is more fitted for a hospital than the bridal home. In the other case the victim of the flirtation feels that she has lost an opportunity, and at once sets to work to find another.

Under a rational system of education, girls would find enough to occupy their minds in their studies and the prosecution of such duties as would fit them for useful positions in life. When they had developed into perfect women, both mentally and physically, in constant association with their brothers from their earliest childhood, true love would spring up between men and women as the natural outcome of our social natures, and the unhappy marriages, disappointments, misery and subsequent divorces now so common would be unknown.

I do not wish to be understood as being opposed to love, but I do protest against the physical and selfish mani-

festations of love which are usually exhibited during courtship and after marriage. Perfect love should be an intellectual and moral attraction. A couple who begin a courtship should differ in temperament sufficiently to show a contrast of complexion and bodily activity, and a sufficient difference in mental inclinations to stimulate interest without direct antagonism. Persons of like complexion, like inclinations, like habits, and like tastes, are sure to tire of each other, and hence courtship in such cases should be avoided. When personal beauty or passionate desire leads to courtship, love dies on the threshold of marriage, and health and beauty fade from the woman's face; and, when wealth or social position are the chief factors, self-abasement and unending regret are added to the burdens to be borne.

Women should ever bear in mind that the period of courtship has more to do with their future than marriage. It is here that the *pros* and *cons* should be weighed; that the heart should be questioned as to the true nature of the feelings that are filling their breasts; that they should know if there lurks within them a single wish for something more in the men who would woo them; for, when the marriage vow is spoken, it is too late to discover the mistakes that are so often made, and they must bear all the suffering and sorrow that come to women who have made loveless marriages.

MARRIAGE.

Marriage is the basis of our social structure, as well as a compliance with the laws of nature; and, in spite of all the discord and misery growing out of ill-assorted marriages, it cannot truthfully be said to be a failure. With

love and adaptability as a foundation, marriage promotes happiness, stimulates a desire for mutual improvement of the contracting parties, and adds numerous blessings to future generations by giving to the world offspring with perfect mental and physical development. When other and baser motives prompt to it, discontent, heart-aches and misery are sure to follow. A late writer on this subject places before his readers some plain truths in the following brief paragraph:

" 'Straight is the gate, and narrow is the way,' that leads to a true marriage. Selfish motives, that so easily obtain supreme control in the heart, lead to ill-assorted, wretched marriages. To marry for money, to marry for position, to marry that you may not 'turn brown and be an old maid,' is to marry in the spirit of selfishness, ruinous selfishness, and not for love's sake.

" 'Hasn't every woman a right to look out for herself?' indignantly asks one of the fair. Yes; but, when you begin to talk about looking out for yourself, you venture on dangerous ground. You should remember that your married life may call you to self-sacrifice, not to self-indulgence. The constantly turning wheel of fortune may bring poverty and sickness, and, if you have not love enough for a man to go through fire and flood for his sake, you had better never marry him. If you marry for anything but love, you marry for what may perish in a night. * * * There are two lines, often sung, and said to be sacred, but we think they are not:

" There is no union here of hearts,
That finds not here an end."

" No, a true union of hearts not even death can end, and may your marriage, my fair friend, be a true union of

hearts, a true marriage, such as will be yours not only through life here, but in the life beyond, where souls rejoice forever in a perfect union."

Because a couple may be unhappy in their married life, it does not follow that one is to blame more than the other, or that either has an unamiable disposition. Each may be capable of loving and making some one else happy, but they have made a mistake. An incompatibility in the marriage relation exists, they do not harmonize, they antagonize each other, and unhappiness and misery must result. The world is full of such mismated couples, and they are sure that " marriage is a failure."

Can these unhappy marriages be prevented? We answer, yes! Let us broaden our methods of education by educating the sexes together, and let adaptability be the basis of all courtship, and marriage will soon be freed from the misery and sorrow it now so often entails. A knowledge of the temperaments and the law of conjugal selection should be acquired by all who contemplate marriage, and, with this as a guide, it will be found that true and lasting love will surely take root in its own proper soil.

The late S. R. Wells* gives a brief description of the temperaments, and the law of conjugal selection, which we cannot do better than reproduce here.

" Prominent among the conditions affecting the happiness of married couples is temperament ; and this is one of the first things to be considered by those contemplating matrimony. To enable the reader to fully understand our teachings on this point, we here give a brief description of the three primary temperaments.

* " Wedlock; or, the Right Relation of the Sexes." By S. R. Wells. New York: Fowler & Wells Co. 1888.

"Temperament is a particular state of the constitution, depending upon the relative proportion of its different masses or systems of organs. We are accustomed to consider these constitutional conditions as primarily three in number, called, respectively, the *motive temperament*, the *vital temperament*, and the *mental temperament*.

"The first is marked by a superior development of the osseous and muscular systems, forming the locomotive apparatus; in the second, the vital organs, the principal seat of which is in the trunk, give the tone to the organization; while in the third, the brain and nervous system exert the controlling power.

1. "*The Motive Temperament.*—In this temperament the bones are comparatively large and broad rather than long, and the muscles only moderately full, but dense, firm, and tough. The figure is generally tall, the face long, the cheek bones rather high, the neck long, the shoulders broad, and the chest moderately full. The complexion and eyes are generally, but not always, dark, and the hair dark, strong and rather abundant. The features are strongly marked, and the expression striking, and sometimes harsh or rigid. The whole system is characterized by strength and capacity for endurance, as well as for active labor. Persons in whom it predominates possess great energy and perseverance, and, in other respects, are strongly marked characters. They are observers rather than thinkers, and are better suited to the field than to the council chamber. They are firm, self-reliant, constant in love and in friendship, fond of power, ambitious, and sometimes stern and severe. This temperament in its typical form is not common among women,

in whom it is modified by a large proportion of the vital element of the constitution.

2. " *The Vital Temperament.*—The vital temperament is marked by breadth and thickness of body rather than by length. Its prevailing characteristic is rotundity. The chest is full, the abdomen well developed, the limbs plump and generally tapering, and the hands and feet relatively small. The neck is short and thick, the shoulders broad, the chest full, and the head and face inclining to roundness. The complexion is generally florid, the eyes and hair light, and the expression of the countenance pleasing, and often mirthful.

" Persons in whom this temperament predominates are both physically and mentally active, and love fresh air and exercise, as well as lively conversation and exciting debate, but are, in general, less inclined to close study or hard work than those in whom the motive temperament takes the lead. They are ardent, impulsive, versatile, and sometimes fickle; and possess more diligence than persistence, and more brilliancy than depth. They are frequently passionate and violent, but are as easily calmed as excited, and are cheerful, amiable and genial in their general disposition. The vital temperament is noted for large animal propensities generally, and especially amativeness, alimentiveness and acquisitiveness. Benevolence, hope and mirthfulness are generally well developed.

3. " *The Mental Temperament.*—This temperament is characterized by a rather slight frame; a head relatively large; an oval or pyriform face; high, pale forehead; delicate and finely cut features; bright and expressive eyes; slender neck; and only a moderate development of chest. The hair is generally soft and fine, and neither abundant

nor very dark; the skin soft and fine, and the expression of the face varied and animated.

"Sensitiveness, refinement, taste, love of the beautiful in nature and art, vividness of conception, and intensity of emotion mark this temperament in its mental manifestations. The thoughts are quick, the senses acute, the imagination lively, and the moral sentiments generally active and influential.

"*Balance of Temperaments.*— When either of the temperaments exists in excess, the result is necessarily a departure from symmetry and harmony, both of body and mind, the one always affecting the character and action of the other. Perfection of constitution consists in a proper balance of temperaments.

"*The Law of Conjugal Selection.*— With regard to the proper combinations of temperament in the marriage relation, physiologists have differed, one contending that the constitutions of the parties should be similar, while others, on the contrary, have taught that contrast should be sought. It seems to us that neither of these statements expresses fully the true law of the selection. The end to be aimed at is *harmony*. There can be no harmony without a difference, but there may be a difference without harmony. It is not that a woman is like a man that he loves her, but because she is unlike. The qualities which he lacks are the ones in her which attract him — the personal traits and mental peculiarities which combine to make her womanly; and in proportion as she lacks these, or possesses masculine characteristics, will a woman repel the opposite sex. So a woman admires in man true *manliness*, and is repelled by weakness and effeminacy. A womanish man awakens the pity or contempt of the fair sex.

"This law, we believe, admits of the widest application. The dark-haired, swarthy man is apt to take for his mate some azure-eyed blonde; the lean and spare choose the stout and plump; the tall and the short often unite, and plain men generally win the fairest of the fair.

"In temperament, as in everything else, what we should seek is not likeness, but a *harmonious* difference. The husband and wife are not counterparts of each other, but complements—halves which, joined together, form a rounded, symmetrical whole. In music, contiguous notes are discordant, but, when we sound together a first and a third, or a third and a fifth, we produce a chord. The same principle pervades all nature. Two persons may be too much alike to agree. They crowd each other, for two objects cannot occupy the same place and the same time. While, therefore, we do not wholly agree with those who insist upon the union of opposites in the matter of temperaments, we believe that a close resemblance in the constitution of the body between the parties should be avoided, as not only inimical to their harmony and happiness, but detrimental to their offspring. If the mental temperament, for instance, be strongly indicated in both, their *union*, instead of having a sedative and healthful influence, will tend to intensify the already too great mental activity of each, and perhaps in the end produce nervous prostration, and their children, if, unfortunately, any should result from the union, will be likely to inherit in still greater excess the constitutional tendencies of the parents. A correspondence of the vital element in one of the parties would tend not only to a greater degree of harmony and a more healthful influence, but to a more desirable and systematic development

and complete blending of desirable qualities in their offspring.

"A predominance of the vital or of the motive temperament in both parties, though perhaps less disastrous in its results, favors, in the same way, connubial discord, and a lack of balance in offspring.

"When the temperaments are well balanced in both, the similarity is less objectionable, and the union, in such case, may result favorably, both as respects parents and children; but perfect balance in all the elements of temperament is very rare; and, wherever there is a deficiency in one party, it should, if possible, be balanced by an ample development in the same direction in the other, and *vice versa*."

As a rule the husband should be four or five years older than the wife. In many cases the difference may be much greater, and yet the marriage be a happy one. Fifteen years should, however, be the limit of the difference. In spite of all that may be said to the contrary, the marriage of a young girl to a man old enough to be her father, is always a failure. It is an unnatural alliance, and it is unreasonable to expect that there should be any love on the part of the wife. It is simply a sale of her person for a home or some other consideration, which cannot but destroy her health and mar her whole life. On the other hand, the wife should not be older than the husband. Though there are many instances where such marriages proved exceptionally happy, yet as a rule the time comes when such a difference causes trouble.

Early marriages are rarely conducive to happiness. Young men and women should have some experience with the world, as well as such mental and physical development

as will fit them for the serious duties of matrimony before entering upon it. A man should not marry till the age of twenty-four or twenty-five, and a woman should be at least twenty-one years old. It is not true that early marriages protect against vice. The unmarried, when properly employed before the ages just given, are not so apt to become passionately aroused, as is generally claimed, while the marital excesses following early marriages often sow the seeds of ill health in both husband and wife, and bring forth offspring with deficient vitality. Dr. Dio Lewis writes as follows: "I have recently read a very interesting book, published in England, in which it was shown, that, of the fifty most remarkable men in the history of that country, a great majority were born of mothers nearly or quite forty years old. When it is remembered that a very large portion of the children born in England come from young mothers, this testimony is all the more significant."

Cousins often marry without bad results to themselves or their offspring, but it is universally conceded that it is better for relatives not to marry.

On this subject George Combe, in his "Constitution of Man," writes as follows: "Marriage between blood relations tends most decidedly to the deterioration of the physical and mental qualities of the offspring. In Spain, kings marry their nieces; and in England, first and second cousins marry without scruple, although every philosophical physiologist will declare that it is in direct opposition to the institutions of nature.

"If the first individuals connected in near relationship, who unite in marriage, are uncommonly robust, and possess very favorably developed brains, their offspring may

not be so much deteriorated below the common standard of the country as to attract particular attention, and the law of nature is, in this instance, supposed not to hold; but it does hold, for to a law of nature there never is an exception. The offspring are uniformly inferior to what they *would have been* if the parents had united with strangers in blood of equal vigor and cerebral development. *Whenever there is any remarkable deficiency in parents who are related in blood, these appear in the most marked and aggravated forms in the offspring.* The fact is so well known that we forbear to enlarge upon it."

Prof. Wm. B. Carpenter, in his "Principles of Human Physiology," presents the following startling facts: "Out of 359 idiots, the condition of whose progenitors could be ascertained, seventeen were *known* to have been the children of parents nearly related by blood, and this relationship was suspected to have existed in several other cases, in which positive information could not be obtained. On examining into the history of the seventeen families, to which these individuals belonged, it was found that they had consisted in all of ninety-five children; that of these no fewer than forty-four were idiotic, twelve others were scrofulous and puny, one was deaf, and one was a dwarf. In some of these families all the children were either idiotic or very scrofulous and puny; in one family of eight children, five were idiotic."

These opinions are generally sustained by physiologists, and should be a sufficient warning to prevent the frequent occurrence of marriages between blood relations.

Persons afflicted with incurable diseases should not marry, as the disease is likely to be communicated to the offspring.

CELIBACY.

Health demands that every organ of the body shall perform its normal function, and the sexual organs are no exception to the rule. Celibacy, therefore, is a crime against nature, which cannot be too severely denounced. Marriage is in accordance with the laws of nature, and rounds out and makes perfect the lives of both men and women. Every woman in good health should marry, no matter what her position in life may be. As a rule "old maids" grow old before their time, and do not enjoy as good health as married woman. They frequently suffer from congestion of the womb, leucorrhœa and aggravated hysteria, simply because the sexual part of their nature is not satisfied, and it too often happens that the cause of their ill-health is entirely overlooked.

It is true that many of the brightest and most intellectual women the world has ever known never married; but we do not know how much more they might have been, had they known what it was to live perfect lives. On the other hand, we do know that thousands have been doomed to lives of sickness and sorrow which might have been averted by marriage. It is only in rare cases, however, that the sufferer has any knowledge of the cause of her trouble, and would even deny the fact after it had been made clear to her.

STERILITY.

Sterility, or barrenness, is a subject of great importance to the medical profession, as well as to a rapidly increasing number of women. A healthy woman should be capable of bearing children during the whole of her menstrual life, which extends over a period of thirty years.

Yet thousands of married women go through life without ever being pregnant, a circumstance which is usually a source of regret both to themselves and their husbands.

The causes of sterility are numerous, and in the majority of cases they may be overcome by proper treatment. It most frequently happens that the woman is at fault, but this is not always the case by any means. Whenever married people are desirous of offspring, and they fail to come within a reasonable time, it is always best that the wife should consult a competent physician, with the view of ascertaining where the defect lies.

The causes of sterility in woman are usually so apparent that they can be easily recognized, and they may be enumerated as follows: Leucorrhœal discharges, displacement of the womb, ulceration of the womb, inflammation of the neck of the womb, internally or externally, undue constriction of the mouth or neck of the womb, occlusion of the vagina by some membrane existing from birth or developed by adhesive inflammation, and injuries resulting from previous criminal abortion. If any of these conditions be found, proper treatment should be begun at once, as they can all be overcome. If, however, the menstrual function is normal, and there is no appearance of leucorrhœa, no pain in the back and loins, or dragging sensation around the hips and lower part of the abdomen that would suggest displacement of the womb, and the marriage is a happy one, it may be inferred that the fault is not with the woman. In such cases the husband should consult a physician, and ascertain if any lack of vitality exists that would render him sterile.

In some cases intercourse is impossible, or is attended with great pain to the woman. This is due to a great

thickening of the hymen, or the fragments of it, with contraction of the muscles of the vagina on the slightest irritation, and is known to the profession as *vaginismus*. When such a condition is present the woman is necessarily sterile till an operation is performed for its relief.

Sterility is a common sequence of marriages in which the temperaments are closely similar. In such cases neither husband nor wife is to blame, as has often been demonstrated by both having children by second marriages after being divorced, or both having had children by previous marriages.

Among the most common causes of sterility at the present day are the disorders developed as direct sequences of the various unnatural methods adopted to prevent conception during the first years of married life. In fact, it may be stated, without fear of contradiction, that in a large majority of cases sterility results from the violation of natural laws, either during the formative years from infancy to puberty, or after the sexual function has been established.

Whatever the cause of sterility, it is a mistake to believe that it cannot be overcome. I could recount scores of cases in which all hope of offspring had been given up, and yet after a course of proper treatment, years of waiting and longing have been rewarded by the birth of children. Let it be understood, then, that the majority of cases of sterility are due to removable causes, and much longing and heart-ache may be averted.

CHAPTER V.

MOTHERHOOD.

Conception and Pregnancy — Signs of Pregnancy — Fœtal Development — Maternal Changes During Pregnancy — Hygiene of Pregnancy — Disorders of Pregnancy.

MOTHERHOOD is the crowning glory of womanhood, and every true woman who is happily married cannot but feel a thrill of pleasure at the thought of clasping her own new-born babe to her breast. Yet, woman should understand the duties and responsibilities of maternity before entering upon them, for the future well-being of her offspring depends not alone upon her ability to care for it after birth, but upon her own mental and physical condition at the time of conception, and during the whole period of utero-gestation. Motherhood should at no time be the result of accident, but of design. When offspring is desired, both husband and wife should be in perfect health, and free from all anxiety and care, and mutual desire should prompt the sexual act. The following nine months should be free from all cause of anxiety to the expectant mother, and she should be surrounded by everything that would please the eye, improve the mind, arouse ennobling thoughts and aspirations. Under such circumstances the child is born under conditions to which it is entitled, and cannot but prove a blessing to its parents, and an honor to mankind. The child of accident, on the other hand, may be puny, nervous, quarrelsome, vicious,

and even criminal, through no fault of its own, but as a result of the ignorance and venality of its parents. Therefore, I affirm that parents have no right to beget children unless they are in proper condition to insure them physical health and moral strength. It is the right, and should be the privilege, of every woman, to control her maternal function, and to select the time when she desires to have a child. This can be easily done by observing the physiological law stated in a previous chapter; and, under a rational system of marriage, women would be better fitted to give birth to and rear children, and large families would be the rule, instead of the exception, as it is to-day, among those who are the best able to care for them.

It too often happens that the poor and uneducated have large families which they cannot properly provide for, and thus are furnished the recruits for the ranks of the paupers and criminals; while the society women who have married without love, resort to unnatural methods of prevention and abortion to escape motherhood entirely. These facts have been recognized by our ablest economists and scientists, and they have spoken on the subject with no uncertain words. John Stuart Mill says: "It is strange that intemperance in drink, or any other appetite, should be condemned so readily, when incontinence in this respect should always meet, not only with indulgence, but praise. Little improvement can be expected in morality, until the producing too large families is regarded with the same feeling as drunkenness, or any other physical excess."

Dr. Edward Reich says: "After reviewing the multitudinous evils which result to individuals and society from the too rapid increase of families, it is much to be

GLADYS.

wished that the function of reproduction be placed under the dominion of the will."

Dr. Naphey says: "Men are very ready to find an excuse for self-indulgence, and, if they cannot get one anywhere else, they seek it in religion. They tell woman it is her duty to bear all the children she can."

Dr. Pancoast says: "Had woman the possession of herself, and the control of her maternal functions and duties, instead of grievous sufferings and privations, she would have health and beauty, not only of her own organization, but she would become the mother of children equally vigorous and lovely. Surely nothing is more wicked than to bring into the world such numbers of helpless and innocent beings to doom them to poverty, ignorance and crime, because of their parents' inability to make necessary provision for them."

Dr. John H. Dye says: "I am convinced, from careful study and extensive research, that society or population would not suffer if the act of generation was wholly under the dominion of the will."

Other things being equal, women who are fully matured give birth to better developed children, both mentally and physically, than very young women. It is equally true that nearly all of the great men the world has ever known, inherited most of their characteristics from their mothers, and owe their greatness, in a large measure, to their teachings and influence.

How important, then, that women should understand the laws of their being, that they should realize the importance of the requisites for a true marriage, that they should conceive and bring forth their offspring under proper conditions, and that they should know how to rear their chil-

dren during their formative years; for it is only through the influence of enlightened motherhood that we can expect any advancement in our social conditions.

CONCEPTION AND PREGNANCY.

Conception is a term used to designate the bringing together of the vital elements of the male and female, necessary for procreation. It is the fecundation or impregnation of the female ovum, or egg, by the positive contact of the male sperm and the subsequent attachment of this ovum to the interior of the womb. It is a question of doubt where this union takes place. Some authorities claim that the male sperm passes through the uterus and Fallopian tube, and impregnates the ovum before it leaves the ovary, while others believe that it may be impregnated at any point in its passage before it escapes from the womb. It is, however, reasonable to suppose that impregnation may take place at any point in the Fallopian tube, as this canal is so small that the sperm could hardly pass the egg in its passage outward. This controversy, however, is of no importance to the general public for practical purposes.

As previously stated, conception is most likely to occur immediately after menstruation, and those who desire offspring would do well to fix the connubial act during the three or four days immediately following the cessation of the flow. After the lapse of twelve days impregnation rarely occurs, and many well-known authorities even go so far as to say that it is impossible after that time.

Excessive sexual indulgence will often prevent the fecundated ovum from adhering to the womb, and thus

prevent conception even when it is most desired. An important lesson should be learned from this, and it should be borne in mind that when offspring is desired strict continence should be observed for at least a month. This insures greater virility to the male sperm as well as to the future offspring.

While it is generally conceded that the most perfect children are produced when the woman enjoys the sexual act, yet it is a well-known fact that enjoyment is not necessary for conception. Women often conceive when they submit to the embraces of their husbands with loathing and disgust, but, when such is the case, the children suffer a moral and physical blight that follows them through life.

Pregnancy is the term applied to the condition of the woman from the moment of conception to the birth of the child, and it covers a period of two hundred and eighty days, dating from the last menstrual flow. Sometimes it terminates sooner than this, and again it may cover a period of over ten calendar months.

It is not an easy matter to ascertain the commencement of pregnancy. The time of the last menstrual flow, and quickening, are taken as the usual guides, but these are uncertain, as conception may take place during menstruation, or the menses may continue for some months during pregnancy; while the time at which life is felt differs considerably in different women. In consequence of this uncertainty, laws have been enacted in different countries fixing the period within which the child is acknowledged as legitimate. In France, the "Code Napoleon" fixes three hundred days after the absence, divorce, or death of the husband as the time within which a child

must be born, to be legitimate; in Prussia, three hundred and one days are allowed; in Scotland ten calendar months are considered the extent of legitimacy; while in England and America the time is not determined by law.

The earliest period at which a child can be born after marriage is also an important question, as it often involves the happiness of families, the reputation of the mother, and the legitimacy of offspring. The seventh month is usually considered the shortest period in which a child can be born and live, yet instances are reported where the period of utero-gestation has not exceeded six months, and in Scotland a child is considered legitimate when born six months after marriage. Great caution should, however, be observed in giving an opinion on this subject, as the variations of development are not fully understood, even at this late day.

We speak of pregnancy as *simple* when there is one fœtus in the womb; as *compound* or *multiple*, when there are more than one; as *complex*, or *complicated*, when there is some morbid condition of the womb or its appendages present besides the fœtus, as a mole, hydatid tumor, polypus or tumor of the ovary. When the ovum, after impregnation, fails to reach the womb, and becomes partially developed outside of it, we have what is called *extra-uterine* pregnancy; and, when accumulations form in the womb and simulate pregnancy, when no conception has taken place, we have *false* pregnancy.

SIGNS OF PREGNANCY.

The signs by which pregnancy is recognized are far from certain, and often mislead the most experienced physicians. Women who have always menstruated regularly,

and find a cessation of the menses after intercourse, naturally infer, however, that they are pregnant, and they are generally correct. When this is followed by abdominal enlargement and "the sensation of life," at the proper time, the inference is strengthened almost to a certainty, yet all these signs may exist without pregnancy.

Though many women who have once been pregnant claim to know when conception takes place, from some peculiar sensation which follows fruitful intercourse, yet it is impossible to diagnose pregnancy during the early weeks.

The authorities divide the signs of pregnancy into *rational* and *sensible*. The rational is again divided into *general*, *local* and *sympathetic*; while the sensible signs are divided into the *visible*, *audible* and *tangible*. Among the *general signs* the following may be enumerated: The pulse is stronger and more frequent, and in the latter months of less volume and intermittent; respiration is more rapid, and the heat of the body is increased; the secretions are more abundant; increased sensitiveness is observed, and a complete change of disposition sometimes takes place; if previous disease exists, its progress is either retarded or rapidly intensified, and the system becomes more liable to take on disease.

The *local signs* are suppression of the menses without other derangement of the general health, change in the color of the vulva from a pinkish to a bluish tint, and the appearance of brownish or yellowish patches on the forehead, cheeks, neck and breasts.

The *sympathetic signs* are nausea, morning sickness, acidity of the stomach, and heartburn during the early months, and constipation, piles and headache during the latter months.

These signs are only important when recognized in connection with the sensible signs given below.

The *visible signs* are, the enlarged, rounded and tense condition of the breasts, which develops in the early stages; the increase in the size of the nipples; the change from a natural pink to a deep brown in the color of the *areolæ*, or rings, around the nipples, soon after conception; the secretion of milk, gradual enlargement of the abdomen after the third month; and quickening, or the fluttering sensation felt after the fourth month, which is supposed to indicate the viability of the fœtus.

The *audible* signs are those that can be heard by placing the ear on the naked abdomen or by the use of the stethoscope. They are the placental sound caused by the circulation of the blood through the vessels of the womb and placenta, or afterbirth; and the sound of the fœtal heart. These sounds can be recognized between the fourth and fifth month, and, when both are heard, they furnish positive evidence of pregnancy.

The *tangible signs* are such as can be recognized by touch, and are among those upon which the physician relies when making a careful examination. The principle ones are the enlargement and hardness of the womb, as felt over the surface of the abdomen and by vaginal examination; the passive motion of the fœtus in the womb, called *ballottement*; and the position and changes in the condition of the neck of the womb during the different stages of pregnancy.

These latter signs are by far the most certain, especially when taken in connection with the pulsation of the fœtal heart; while the cessation of the menses, morning sickness, and even a sensation similar to *quickening*,

may occur from many other conditions without conception.

FŒTAL DEVELOPMENT.

A minute description of the development of the ovum and fœtus cannot be attempted in a popular work of this character, and in fact no description is necessary for the purposes of the work; but a subject of such absorbing interest can hardly be passed over without mention.

The human ovum, or egg, like that of all animals, is primarily a simple cell consisting of a nucleus and a mass of protoplasm. Within the nucleus is another small body called the nucleolus. In the egg-cell the protoplasm becomes the *vitellus*, or *yelk*, the nucleus changes to a large colorless vesicle called the germinal vesicle, and the nucleolus remains as a dark body known as the germinal point. In the further process of development an envelope or covering is formed around the cell, which, on account of its perfect transparency, is called the *zona pellucida*. It is also called the *chorion*, from the Greek word which signifies skin. Soon after the egg is discharged from the ovum the germinal vesicle disappears, it being either absorbed by the yelk or forced through the investing membrane.

It is in this condition that the egg is met by the spermatozoa, or vivifying principle of the male. These little bodies were long regarded as actual animals, but it is now positively known that they are simple cells, and they are called male sperm-cells. When the simple male cell comes in contact with the female egg-cell, the two coalesce and form a new cell, entirely different from either, which Haeckel calls the parent-cell.

In speaking of this coalescence of the male and female cells, Haeckel says:

"The result of this is, that, in the first place, the egg-cell is rendered capable of further evolution; and, secondly, that the hereditary qualities of both parents are transmitted to the child.

"*The fertilized egg-cell is, therefore, of a nature entirely different from that of the unfertilized egg-cell.* For, since we regard the sperm-cell as well as the egg-cell as true cells, and since fertilization essentially consists in the amalgamation of the former with the latter, therefore the cell which results from this amalgamation must be regarded as an entirely new, independent organism. It contains, in the protoplasm of the sperm-cell, a portion of the paternal, male body, and, on the other hand, in the protoplasm of the original egg-cell, a portion of the maternal, female body. * * * The new cell, which is the rudiment of the child, the newly generated organism, originates in an actual amalgamation, or coalescence, of the two cells."

In from twenty-four to thirty hours after the formation of this parent-cell a single nucleus is formed near its center, and, by a process known as egg-cleavage or segmentation, this nucleus divides into two nuclei, and those again divide until by repeated cleavage an infinite number of cells are generated, which are closely pressed together so as to present a mulberry appearance. A clear, watery fluid collects in the center, and presses the cells to the surface, and by degrees a layer of cells is formed and is called the *blastodermic membrane*. This membrane next divides into two layers of cells, the outer layer being called the *ectoderm*, and the inner layer the *endoderm*. A

third layer is developed later, between these two, which is called the *mesoderm*, and this is finally divided into an outer and inner layer. It will thus be seen that at one stage of development the embryo is composed of four distinct layers.

It is claimed, that, in the further development, the brain, spinal cord, organs of special sense, the genito-urinary system, the glandular structures, the skin, hair, nails and epidermis are all formed from the outer cell-layer, or *ectoderm*, the muscles of the trunk and the bones are formed from the second layer, or outer layer of the *mesoderm*; the blood-vessels, blood, heart, and the muscular and fibrous tissues of the alimentary canal come from the third layer, or inner layer of the mesoderm; while the fourth layer, or endoderm, forms the epithelium that lines the walls and glands of the stomach and intestines.

Immediately after the *blastodermic* membrane has divided into the two layers, an opaque collection of small cells is formed, which is called the embryonic spot. This spot soon becomes elongated into a faint line, which is the first trace of the embryo, and is called the primitive trace. In front of this line two folds are formed, and these form a groove in a line with the primitive trace. These folds extend above the groove, and form two dorsal plates, which gradually unite, and inclose a canal, which afterward contains the brain and spinal cord. In the same way similar layers are given off from the under surface of the *blastoderm*, which coalesce and form the abdominal cavity. In the meantime the points for the development of the head and lower extremities have become located and curved in the form of a crescent, with a prolongation of the *vitelline*

mass extending from the concave surface of the body of the embryo, and connected to it by a small duct. This prolongation is called the *umbilical vesicle*. Blood-vessels appear on this vesicle, the object of which is to supply nutritive material to the embryo, till it can derive its nourishment from the uterus, after which the vesicle disappears. Soon after the formation of the umbilical vesicle, double folds formed from the external layer are thrown off from the extremities of the body of the embryo, and, when they meet and coalesce, they form what is called the *amniotic* cavity or sac. This cavity fills with a fluid, called the *liquor amnii*, in which the fœtus floats till the time of labor. This sac or membrane breaks during the first stage of labor, and the *liquor amnii* escapes. It is commonly called the " bag of waters," and the escape of the fluid is spoken of as the " breaking of the waters."

During the development of the *amnion* another body, called the *allantois*, appears, and it derives its name from the Greek, and means " sausage-shaped." It grows rapidly, and divides into three parts, one of which forms the urinary bladder; another, the umbilical cord; and the third surrounds and replaces the old chorion or investing membrane, and becomes the *true chorion*, or inclosing membrane.

While these changes are going on in the ovum, correlative changes are taking place in the uterus. The mucous membrane becomes congested, and, by a rapid throwing off and organization of epithelial cells, a new membrane is formed, which lines the entire uterine cavity. This membrane is called the *decidua*, or *deciduous membrane*, because it is only temporary, and is thrown off when it has served its purpose.

On its descent from the Fallopian tube, the parent-cell, which has undergone development, at least so far as the formation and division of the blastodermic membrane, is lodged in one of the folds of this *deciduous membrane*, by which it soon becomes surrounded. As the ovum increases in size, it crowds into the cavity of the womb, and carries with it the portion of the decidua by which it is surrounded. The decidua is now well developed, and the part inclosing the ovum is called the *decidua reflexa*, or reflexed decidua, and the part that lines the cavity of the womb is called the *decidua vera*, or true decidua. The part that lies between the ovum and the nearest point of the uterine wall is called the *decidua serotina*, or late decidua, because it was the latest developed. At about the end of the third month these two layers of decidua come together and are completely blended into one. At the point called the late decidua, the blood-vessels of the *allantois*, which form the umbilical cord, develop the *placenta*, or after-birth.

The plastic material known as protoplasm, at first supplies nourishment to the parent-cell; then the blastodermic membrane must effect oxidation in the structures of the embryo till the umbilical vesicle is formed and supplies the nutrition. In the uterus the allantois supplies the nutrition by absorption from the decidua; and, finally, upon the development of the placenta, with its numerous blood-vessels, intimately connected with the blood-vessels of the womb, the nutrition is derived directly from the mother, in the same way as are the several organs of her body supplied.

For a more concise account of the development of the fœtus in the successive months of pregnancy, I condense

the following paragraphs from Prof. Wm. T. Lusk's "Science and Art of Midwifery," which will be seen to cover ten lunar months of twenty-eight days each:

First Month.— At the end of the second week, the embryonic spot is seen, with the two dorsal plates. The embryo is one-twelfth of an inch in length. In three weeks the embryo is one-sixth of an inch long, the cephalic or head extremity is enlarged, and the back is curved like a crescent. At four weeks the length is one-third of an inch, the eyes at the side of the head, and the ears behind them. The extremities are indicated by four small, bud-like processes. The intestinal canal is formed, also the beginning of the spinal cord.

Second Month.— From the sixth to the seventh week the embryo measures about one inch along the curve of the back, bony material begins to form in the lower jaw and collar bone, and the extremities are clearly indicated.

Third Month.— The embryo is between three and three and one-half inches in length toward the end of the third month. The placenta is formed, though small, the cord is quite long and twisted, the ribs are formed, all the bones have begun to harden, and all the parts are recognizable, but the head is much larger in proportion, and separated from the trunk by a well-defined neck.

Fourth Month.— Toward the end of the fourth the placenta has increased in size and thickness, the cord is three times as long as the fœtus. The fœtus measures from four to six inches, and the head is one-fourth the length of the entire body. The bones of the head are partly hardened, but the sutures are widely separated. The mouth, eyes and ears are in their proper places. The skin is firm, and the hair begins to form on the scalp.

The sex is distinguishable, and toward the end of the month slight movement of the limbs takes place.

Fifth Month.— The fœtus measures from seven to ten inches, and weighs nearly ten ounces. The head is still unduly large, and the face has an old look, and fine hair covers the whole surface of the body. The fœtal movements are now distinctly felt by the mother, a sensation that is called " quickening," or " feeling life."

Sixth Month.— At the end of the sixth month the length is from eleven to thirteen inches, and the weight about twenty-three ounces. The eyelids separate, and fat begins to be deposited. A fœtus born at this time breathes feebly, but dies in a very short time.

Seventh Month.— The length is now fourteen or fifteen inches, and the weight about thirty-nine ounces. The skin is wrinkled, red, and covered with a white, sticky substance. Children born between the twenty-fourth and twenty-eighth weeks move their limbs and cry feebly at birth, but cannot live more than a few hours, or a day or two at most.

Eighth Month.— The fœtus now measures sixteen or seventeen inches, and weighs on an average a little over three pounds. The hair increases in thickness, the skin is smoother, and the navel is near the center of the body. A child born during this period will often live when properly cared for.

Ninth Month.— The length at this time does not vary more than half an inch from the last, and the weight is about four pounds. The face is rounded, wrinkles are nearly all gone, the hair disappears from the body, and the head is well formed, though the bones bend easily. Children born at this period are less energetic than at full time, but are likely to die from lack of care.

Tenth Month.—During the first two weeks of this month the length is about eighteen or nineteen inches, and the weight about five pounds.

The Fœtus at Term.—At the end of the full term the child at birth is plump and well rounded, the skin has lost its deep red color, and the hair as a rule has entirely disappeared from the body. It cries lustily soon after birth, moves the limbs freely, and nurses when put to the breast. In the first few hours it should pass urine, as well as a black or brownish-green substance from the bowels.

The average length at birth is from twenty to twenty-one inches, and the weight ranges from five to fourteen pounds, but the average weight is about seven pounds. Cases do occur where the weight is sixteen or eighteen pounds, but they are very rare.

The term ovum properly means the unimpregnated egg, though it is often applied to the impregnated egg till it is lodged in the womb and surrounded by the decidua. Embryo is the term applied to the impregnated ovum in the early stages of its development, which properly begins the first day of fecundation, and extends till the end of the third month, though some say it should extend to the period of "quickening." After life is felt, the term *fœtus* is used till the time of birth, when child or infant is the proper term. These words are, however, often used synonymously.

MATERNAL CHANGES DURING PREGNANCY.

From the very beginning of pregnancy, the womb becomes engorged with blood, and a gradual increase in the size of the organ takes place. This increase of size is not due to stretching, but is an actual growth of the mus-

cular fibers of which the womb is composed. The walls of the abdomen are put upon the stretch by the growth of the womb, and by the fifth month the depression of the navel begins to diminish, by the seventh month it is level with the surrounding skin, and during the last two months it often protrudes. During the last three months the skin of the abdomen is marked by reddish, bluish, or glistening white streaks, which do not disappear after delivery.

The abdomen gradually increases in size till the end of the eighth month, when the uterus has reached its highest point in the abdomen, and the greatest prominence is above the navel. About two weeks before the full term the womb sinks into the pelvic cavity, and the prominence above the navel is greatly diminished, and the greatest protrusion is seen at the lowest point of the abdomen.

Previous to pregnancy the breasts are firm and rounded. About the second month they begin to enlarge, and they seem uneven and knotty to the touch. The veins enlarge, and are plainly seen under the skin, while a darting, shooting pain is sometimes felt. The nipples become lengthened, and often sensitive to the slightest touch, and, as before mentioned, the dark circle surrounding them takes on a darker hue, and the sweat follicles become considerably enlarged.

Quickening, or the feeling of the motion of the fœtus that indicates life, is a peculiar sensation to the expectant mother. When first felt, it is more a nervous thrill than a motion, and, when once felt, it is never forgotten.

The appetite is often capricious, and there is frequently a longing for some article of food that is disliked at other times; and in some cases women who are generally healthy are invalids during the whole term of

pregnancy. On the other hand, women who are puny and sickly as a rule, frequently enjoy the best of health while pregnant, but relapse into chronic ill-health soon after confinement. The nervous system is more sensitive during pregnancy, and for this reason it is important that pregnant women should avoid everything calculated to make any unpleasant impressions upon them.

It often happens that women who have suffered from uterine diseases and displacements for years, are entirely cured after giving birth to a child, and being properly cared for afterward. This is due to the entire change which takes place in the womb during gestation, which practically amounts to the production of a new organ.

HYGIENE OF PREGNANCY.

As the pregnant woman is required to supply nutritive material, not only for repairing the waste in her own body, but also for the development of another human being, it is necessary that she should observe such laws of health as will favor the most perfect nutrition.

The pregnant woman requires an increased amount of oxygen, as is demonstrated by the fact that an increased amount of carbonic acid gas is thrown off by the lungs. To supply this oxygen an abundance of fresh, pure air is requisite, and this can only be had by spending considerable time in the open air, and having the living-rooms and sleeping-rooms well ventilated. The living-rooms, during winter, should be kept at a temperature of 70°, or very little over, and a window in the sleeping-room should always be kept open all night, even in very cold weather.

Regular and systematic out-door exercise should be persisted in from the time of conception, and nothing is

more conducive to health than walking. It is not the thing to take a walk one day, and remain in the house the rest of the week. A brisk morning walk of half an hour and an afternoon walk of an hour will be found of great benefit. Such walks will expand the lungs, strengthen the muscles, aid digestion, overcome constipation, and drive away the "blues." Delicate women should begin with short walks, which can be gradually increased as they increase in strength, which they are sure to do in a very short time.

Every article of dress should be loose and comfortable. Skirts should be suspended from the shoulders, and the stockings supported by side elastics, instead of garters. Corsets should not be worn, or made so loose as to admit of no possible pressure. Flannel should be worn next the skin, and the feet and legs should be warmly clad.

Bathing is of great importance to keep the skin active, for in this way the kidneys are relieved of a portion of their work, which is often rendered difficult by direct pressure. A good warm bath, of the temperature of 100°, should be taken about twice a week, before retiring, and the tepid or cold sponge-bath every morning immediately after arising, will be found healthful and invigorating. Hot foot-baths are also serviceable to relieve cold feet and to quiet nervousness before retiring. Brisk friction, with a Turkish towel, should be applied after all baths, as it draws the blood to the surface, and thus brings about a pleasant reaction.

A vaginal douche usually proves a source of comfort. It is best applied with a fountain syringe, and no more than a pint of tepid water should be used at a time. It

should be introduced slowly, and allowed to pass out of the vagina readily. It can be used with advantage night and morning.

Eight hours' sleep should be the minimum for the pregnant woman, and this she can generally secure by proper attention to her general condition of health.

The diet should be selected from the most nutritious and easily digested articles of food, and should be sufficiently varied to suit the palate. As the stomach requires rest as well as any other part of the body, it is a great mistake to be constantly putting food into the stomach at short intervals. Three meals a day at fixed hours is much better than the "little and often" theory. A very large appetite in pregnant women is not natural, and, therefore, when present, it should be restrained. A mixed diet of meat and vegetables is the best, but care should be taken to avoid pastries and confectioneries, while pure sugars and starches should be used with great moderation. These articles tend to produce acidity of the stomach, heartburn and colic. The food should always be thoroughly masticated before swallowing, therefore plenty of time should be taken at meals.

DISORDERS OF PREGNANCY.

The nervous system is made up of two systems of nerves. One originates from the brain and the spinal cord, and supplies the nerves of motion and sensation, as well as those of the special senses, and is called the cerebro-spinal system of nerves. The other is composed of ganglia, or knots of nerve-cells, connected by nerve bands with each other, with the several internal organs and with branches of the cerebro-spinal system, and they are situ-

ated in the large cavities of the body. This system is called the great sympathetic nerve, because it forms the intimate connection between the several organs, and it is through this connection that the womb is brought in strong nervous sympathy with every part of the body.

When the womb is aroused to a state of activity by pregnancy, its muscles, absorbents and blood-vessels become enlarged, and, by pressure or change of position, some irritation or stimulus is applied to the uterine nerves, which, through the great sympathetic, gives rise to conditions that are regarded as indications of pregnancy. In many cases, however, this irritation is so severe and protracted as to cause disturbances of a serious character, which are usually classed as "disorders of pregnancy," the most common of which are here described.

MORNING SICKNESS.—Nausea and vomiting, or morning sickness, as it is generally called, is the first sign of pregnancy after the cessation of the menses. It sometimes commences immediately after conception, but in the majority of cases it is first felt from the fourth to the sixth week. The nausea is usually felt on rising in the morning, and is sometimes relieved by eating breakfast, but is more frequently followed by vomiting. It lasts from ten minutes to two hours, and generally ceases after the third or fourth month. This form of nausea is due to the sympathy between the stomach and uterus, and is almost universally present in pregnant women. As a rule it is not considered of sufficient importance to require any special treatment, but in some cases it is so violent and obstinate that no food can be retained on the stomach, and the patient may become exhausted from actual starvation, or premature labor may be brought on by the violent retching.

When the vomiting continues after the fourth month, it is due to the pressure of the enlarged womb upon the stomach, and is as a rule difficult to relieve.

Treatment.— It is always important that the bowels should be kept regular and all acidity of the stomach corrected. Both these can be accomplished by taking one heaping teaspoonful of *Husband's magnesia*, stirred into half a goblet of water, on first awaking in the morning. Then a cup of strong coffee and a slice of toast should be taken by the patient while in bed, after which she should remain in bed for an hour, and sleep, if possible. Such management will prevent subsequent nausea or vomiting in mild cases.

When the nausea is more persistent, I find good results from the use of five grains of *ingluvin*, after the coffee and toast taken in bed, and immediately after each meal. This not only corrects the nausea and vomiting, but is also a great aid to digestion. It can be put up by the druggist in five grain powders, or in capsules, ready for use. For those who can swallow the capsules, it is the pleasantest way to take the medicine.

In the more obstinate cases the *tincture* of *gelsemium, or yellow jessamine*, may be given in doses of five drops every half-hour till four or five doses are taken, and no food should be taken for an hour after the last dose. In procuring this medicine, ask for the *tincture of the fresh root* of *gelsemium*, and use no other. The *ingluvin* should be continued after meals, in all cases. Minute quantities of food given every hour, is the plan recommended by some writers, but my experience leads me to the very opposite plan. I have often found that a pint of milk, with two tablespoonfuls of lime-water and one tablespoonful of good

whisky, would be retained when small quantities would be immediately rejected. The larger quantity separates the walls of the stomach, and gives the organ something to work on.

Too much stress cannot be laid on the importance of exercise and the proper methods of dress. Perfect freedom from pressure around the waist and over the stomach and abdomen, and long walks in the open air, will not only relieve *morning sickness*, but will, I believe, prevent it entirely. It is a mistake to suppose that the pregnant woman is an invalid of necessity, and I firmly believe that *morning sickness* would soon be unknown if women were taught how to dress, took proper exercise, and did not look for nausea and vomiting to occur as a natural sequence of pregnancy.

HEARTBURN.—Heartburn is a distressing symptom that may occur at any stage of pregnancy. It is a heat or burning sensation in the stomach, which extends upward along the œsophagus,* and occasions eructations into the mouth of a scalding, sour and bitter fluid. It arises from an acid condition of the stomach, and is known to be most severe in persons subjected to mental emotions. It is properly only a symptom of indigestion, and is never present except when the food is not properly digested. The term is a popular one, and, as it has no connection with the heart, it is clearly a misnomer, which has been retained because of its widespread use.

Treatment.—Temporary relief can be obtained by half-teaspoonful doses of *aromatic spirits of ammonia*, taken in a wineglassful of water, or ten grains of *bicarbonate of potash*, in the same quantity of water. If the pot-

* The canal leading from the mouth to the stomach.

ash be taken half an hour before each meal, it will, in a great measure, correct the acidity that causes the heartburn Care must also be taken to keep the bowels regular, and, with the view of overcoming the dyspepsia, the following should be used: *Elixir pepsin, bismuth and strychnine*, six ounces. Dose: A teaspoonful immediately after each meal.

SALIVATION.— Salivation, or an excessive flow of saliva, frequently occurs during the early months of pregnancy. It is free from the fetor of the breath and tenderness of the gums which is present in salivation from the use of mercury. It, however, leaves an unpleasant taste in the mouth, which often causes vomiting. It is also due to acidity of the stomach, and is only a symptom of indigestion which is only occasionally met with in pregnancy.

Treatment.—The same general treatment as above recommended for heartburn, should be resorted to; and, in addition, the mouth should be washed several times a day with an infusion of *goldenseal.* To make this infusion, procure an ounce of *crushed goldenseal root*, and pour on it a pint of boiling water. Cover it up well, and allow it to simmer on the stove for half an hour; then strain, and it is ready for use. In obstinate cases, one drachm of *powdered borax* may be added before using it to wash the mouth.

SPASMS OR CRAMP OF THE STOMACH.— Sudden spasms or cramp of the stomach are often due to the presence in the stomach of some undigested food, or may come on after great mental emotion or exposure to cold. An attack may come on suddenly, last for a short time, and then pass off and never recur. On the other hand, they

sometimes come on frequently; violent neuralgic pains dart from the stomach through to the back; and distention of the stomach and flatulence occur.

Treatment.—For a transient attack, about two tablespoonfuls of good brandy or whisky will usually stimulate the stomach sufficiently to carry the undigested food out of the stomach. Hot fomentations of hops, a hot-water bag, or a mustard plaster, applied over the stomach, will be of great service, and sometimes relief can be hastened by moving the bowels by an enema of soap-suds.

When these attacks occur frequently, they indicate confirmed dyspepsia, and should be treated accordingly. The diet should be light and nutritious, stimulants should be avoided, and the bowels should be kept regular. One *compound podophyllin pill* should be given every night at bedtime till the bowels are inclined to move more than once a day, and the *elixir pepsin, bismuth and strychnine* should be given in teaspoonful doses, immediately after each meal. When the neuralgic pains are severe, they may be relieved by five drops of *tincture of yellow jessamine*, repeated every half-hour, till relieved, or till five or six doses are taken.

CONSTIPATION.—Constipation is one of the most frequent and troublesome disorders of pregnancy, and is always to be dreaded, because it is liable to occasion piles and to produce miscarriage. It is due to sedentary habits, derangements of digestion and the compression of the rectum by the enlarged womb. It gives rise to dizziness and a sense of fullness of the head, headache, colicky pains, nausea, discharges of bloody mucus from the womb, nervous irritability, sleeplessness, and, during the last two months of pregnancy, false pains that resemble

those of labor. If the bowels do not move once in twenty-four hours, they should be attended to without delay.

Treatment.— Here, again, the importance of exercise must be insisted on. A good walk once or twice a day, with proper attention to diet, will almost invariably insure against constipation, and this can be continued till labor-pains begin, except in cases of threatened miscarriage. Persons of a constipated habit should not eat pastry, puddings, dried or salted meats or fish, potatoes, white bread, rice, corn, spices, pickles or poultry; while cracked wheat, oatmeal, graham bread, gluten bread, ripe fruits in season, stewed dried fruits, dried figs, onions, tomatoes, spinach, celery, raw oysters, and game, together with milk, eggs, fresh fish and fresh meats, will tend to keep the bowels regular. A habit of going to stool at a fixed time, immediately after breakfast being the best time, will often prove of great advantage in preventing constipation. If exercise and attention to diet fail to give relief, the best medicine that can be used is *compound syrup of rhubarb and potash*, or *neutralizing cordial*, as it is commonly called. This compound is laxative, antacid and tonic, and is therefore specially applicable to the treatment of the constipation of pregnancy. It can be given in tablespoonful doses every hour till the desired effect is produced. When the tongue is coated with a dirty white or brownish coating, it indicates a torpid liver, which is best relieved by the following: Podophyllin, 3 grains; aloin, 2 grains; extract hyoscyamus, 3 grains; extract nux vomica, 2 grains. Mix, and make twelve pills. Dose: One pill at bedtime. This pill stimulates the action of the liver, and throws the bile into the intestine, and the bile causes the natural action of the bowels. One

pill should be taken every night till the constipation is relieved, and then every second or third night, as required. This pill does not gripe or act as a physic, nor is its use followed by increased constipation, as is usually the case with ordinary cathartics, and it can be taken with perfect safety. When the rectum is filled with impacted fecal matter, an enema should be used. For this purpose a pint of tepid soap-suds, to which is added an ounce of castor oil, should be slowly forced into the rectum, and held as long as possible. If the feces be not discharged with the water, the enema should be repeated, and, should this fail to give relief, a physician should be consulted, as the impacted mass sometimes requires to be removed by mechanical means. In no case should powerful cathartics be taken, as they are apt to cause miscarriage.

After the seventh month diet, exercise and enemas should be depended on, as medicines may tend to produce premature labor.

DIARRHŒA.— Diarrhœa may result from the pressure of the uterus on the intestines, from intestinal irritation resulting from impaired digestion or errors in diet, or from previous constipation.

Treatment.— The diet should be light, and should be the opposite of that recommended for constipation. Boiled milk, boiled rice, arrowroot, etc., will be found grateful and beneficial. *The compound syrup* of *rhubarb* and *potash* should be given in tablespoonful doses till the intestines are cleared of all undigested food, and then the following will be found almost a specific: Fluid extract of prickly ash berries, ½ ounce; sirup wild cherry bark, 2½ ounces. Mix, and take one teaspoonful every half-hour till

relieved. If the case becomes severe, and is attended with much pain, a physician should be sent for without delay, and opium or morphine should never be taken without the advice of a physician, and even then its use should not be continued long. In all cases quiet should be observed during the attack.

HEMORRHOIDS, OR PILES.—Piles are often present during pregnancy, and may be caused by the pressure of the enlarged womb, by constipation, by torpid liver, or they may result from a constitutional weakness of the veins.

Treatment.—The constipation and torpid liver should be relieved as before described, and warm sitz-baths should be used twice a day. Sometimes great relief is obtained by pouring boiling water on tarred oakum, and sitting over the steam for half an hour. As a local application, the following will give temporary relief in even the worst cases: Extract of conium, 10 grains; tannic acid, 12 grains; extract of belladonna, 6 grains; vaseline, 1 ounce. Mix thoroughly, and apply to the piles as far in as possible, two or three times a day.

All treatments are only palliative during pregnancy, and after delivery the trouble will frequently disappear. If it should still remain, it will be a source of continual annoyance, and, if neglected, will become serious. All such cases should be operated on for a radical cure. The operation is both simple and harmless, and will insure against further annoyance and suffering, even during subsequent pregnancies.

PRURITUS, OR ITCHING.—An intense itching of the genitals, which often extends over the integument of the abdomen, occurs in some women during the early stages of pregnancy, and is usually very distressing. It may be

caused by acrid discharges from the vagina, or from the lack of frequent bathings, but its cause is often unknown.

Treatment.— Frequent bathing of the parts is of the first importance in the treatment of pruritus. If an acrid discharge from the vagina exist, an injection of the *infusion of goldenseal* (one ounce to a pint of boiling water), in which one drachm of powdered borax is dissolved, should be used night and morning, and the surrounding skin should be bathed with a saturated solution of borax. If the parts are red and chafed, the following should be used: Salicylic acid, 10 grains; vaseline, 1 ounce. Mix, and apply as an ointment two or three times a day.

VERTIGO AND FAINTING.— Vertigo and fainting are not infrequently met with in the pregnant state. The vertigo, or dizziness, may only last a few moments, it may occasion dimness of vision for a short time, or it may extend to complete syncope, or fainting. These conditions may result from debility, extreme nervousness, or a determination of blood to the brain, with stoppage of the circulation. Both vertigo and fainting usually come on while standing, or on rising suddenly, but do not last long, and are seldom serious.

Treatment.— The recumbent position should be taken at once, and a current of cool air should be secured by opening a door or window, or by the use of a fan. Cold water should be dashed in the face, and *ammonia* applied to the nose. If the extremities are cold, friction should be applied to them, and along the spine. As soon as the patient can swallow, give half a teaspoonful of *aromatic spirits* of ammonia, in a mouthful of water, or a tablespoonful of good brandy or whisky. When these condi-

tions recur frequently, a physician should be consulted, as they are apt to cause premature labor.

PALPITATION OF THE HEART.— Palpitation of the heart, though not a dangerous symptom, is distressing, and often occasions much alarm. It may occur during any stage of pregnancy, and is caused by dyspepsia, flatulence, mental excitement, or sympathetic nervous irritation, and obstinate constipation.

Treatment.— During an attack of palpitation, quiet in the sitting posture should be observed, and half a teaspoonful of *aromatic spirits* of *ammonia*, in half a wineglassful of water, should be taken. *Neutralizing cordial* should be taken in tablespoonful doses, repeated every hour, to relieve constipation and correct acidity. When the trouble is not associated with constipation or disordered digestion, the *compound syrup of partridge berry* will be found valuable in relieving nervous irritation, and preventing the recurrence of the trouble. It should be given in doses of four tablespoonfuls three or four times a day. If the patient is weak and debilitated, half a teaspoonful of *dialyzed iron*, in a little water, should be taken after each meal. When the palpitation is persistent, a physician should always be called.

SWELLING OF THE FEET AND LEGS.— Bloating or swelling of the feet and legs may be due to a sluggish circulation caused by pressure of the enlarged womb upon the veins of the abdomen, and is met with most generally in the latter months of pregnancy. In severe cases the serum, or watery portion of the blood, oozes through the blood-vessels and is deposited in the tissues, thus causing dropsy of the extremities. When this bloated condition extends to the abdomen, the upper extremities and the

face, it indicates a congestion of the kidneys which may develop into Bright's disease.

Treatment.—When proper exercise and plenty of fresh air are enjoyed, together with correct digestion and regularity of the bowels, simple bloating is not likely to occur. Rest in the recumbent position with the feet elevated somewhat, will promptly relieve the swelling. When the bloating becomes general, the urine should be examined for albumen, and, if found, the physician should at once direct his attention to the proper treatment of the kidneys, so as to prevent general dropsy, convulsions, death of the fœtus, and possibly death of the mother. An experienced physician, when consulted in time, can prevent these serious results by proper treatment.

VARICOSE VEINS.—Varicose veins consist of a marked enlargement of the veins of the legs, which become twisted in their course as a result of the enlargement. They are caused by pressure of the enlarged womb, and are more commonly met with in women who have had a number of children. When only the small veins are involved, they occasion little or no trouble; but, when the condition extends to the large veins, they become very painful.

Treatment.— The treatment in these cases can only be palliative. After exercise the patient should assume the recumbent position, with the hips and feet elevated higher than the shoulders. The legs should then be gently rubbed upward to favor the return of the blood to the trunk. The bowels should be kept regular, and properly fitting elastic stockings should be worn to keep the veins from further enlargement, and to prevent them from rupturing. No surgical interference should be attempted till

after confinement, and should they still continue troublesome, a surgeon should be consulted.

BURNING OF THE FEET.— Many women of extremely nervous temperaments suffer from an intense burning sensation of the feet, which is often relieved by bathing them several times a day in water as hot as can be borne. When this fails to give relief, they should be bathed in strong peppermint water.

MUSCULAR CRAMPS.— Cramps of the legs are caused by the pressure of the enlarged womb upon the nerves that supply the lower extremities. They occur most frequently in women who take no exercise.

Treatment.— Plenty of fresh air and exercise are of the first importance to prevent muscular cramps. The bowels should be kept regular, and only easily digested food should be used. Friction should be applied over the part affected, and frequent change of position should be secured. After walking, the recumbent position, with the hips and legs elevated, will often prevent the recurrence of the cramps. *Camphor liniment* may be freely rubbed on the parts with advantage. Persons who suffer from frequent recurrences of cramps, will find great relief from the following mixture, recommended by Prof. John King, M. D. High cranberry bark, 1 ounce; skullcap leaves and skunk cabbage root, each ½ ounce; capsicum and cardamom seeds, each 2 drachms. Crush the articles, and macerate for two or three days in a quart of Angelica wine. The dose is a teaspoonful three or four times a day.

HEADACHE.— Headache is of frequent occurrence during all stages of pregnancy and among all classes of women. The pain may be located in the back of the head, on the top, through the temples, over one eye, or

through the eyeball, or it may extend generally over the whole head. It may be acute, and sometimes of a beating, throbbing character, or it may be dull and heavy. It is usually due to some derangement of the digestion, but mental emotion, exhaustion from fatigue, the excessive use of stimulants and coitus may also produce it. A minute description of the various kinds of headache would take up much space, and yet serve no practical purpose in a popular work. It is sufficient to suggest the treatment best adapted for the relief of the different kinds of pain in the head that receive the name of headache. The different forms of headache are simply symptoms of a variety of diseases, and can only be properly understood in connection with the derangements that give rise to them. When met with during pregnancy, the sufferer can often relieve the symptom, though the condition that gives rise to it may continue till after parturition.

Treatment.— No simple and uniform treatment can be laid down for the relief of all kinds of headache, but experience has demonstrated that *antipyrine* will relieve more headaches than any other remedy; so that, in the absence of positive knowledge as to the cause of the headache, ten grains of *antipyrine* may be taken in about two tablespoonfuls of water, and repeated at intervals of half an hour till three or four doses are taken, if required. As a rule, two or three doses will relieve the severest headache, and one dose will frequently do so. This remedy is specially useful in the headaches that occur during the early months of pregnancy. After taking the medicine, it is best to lie down and sleep, if possible. Should constipation exist, it should be overcome by the remedies heretofore recommended. Plethoric or full-blooded per-

sons are most likely to have headaches during the latter months of pregnancy, and, when such persons are afflicted, the antipyrine will not always give relief. Here the blood-vessels of the brain become congested, the face flushed, and the pain increased by the recumbent position. A hot foot-bath should be taken, mustard should be applied at the nape of the neck, and *tincture of yellow jessamine* should be given, in five-drop doses, every half-hour till relieved, or till five or six doses are taken. If these headaches are recurrent a one-grain *ergotin pill* should be given three or four times a day during the interim. This contracts the small vessels of the brain, and forces out the sluggish blood lodged therein.

Those who are much debilitated from any cause will find that their headaches are promptly relieved by an ounce of good whisky, taken when the stomach is empty. If one dose does not relieve it, it is useless to repeat it. Whisky is also good in cases of neuralgic headache.

If the headaches are not relieved by the above treatment, a physician should be consulted, as other conditions may be present to give rise to the headache, that might become serious if neglected.

TOOTHACHE.—Toothache is often an annoying condition with pregnant women, and generally occasions intense suffering. The woman who desires to be a mother, should see to it that all her teeth are in good condition before conception. Carious or decayed teeth should be extracted unless they can be properly filled. After conception, however, it is not safe to attempt extraction of the teeth, and it should not be done except in extreme cases.

Treatment.— When cavities are found in aching teeth, they should be cleansed with a piece of absorbent cotton,

MRS. LANGTRY.

and then filled as follows: Take a small piece of absorbent cotton, saturate it in *tincture of aconite root*, squeeze it till the tincture does not run from it, and then pack it into the cavity of the tooth, so that it comes in contact with the exposed nerve. The aconite benumbs the nerve, and thus eases the pain. Now, to effectually exclude the air, fill the remainder of the cavity, to a level with the surface of the tooth, with white wax. This can be packed in so closely that it will remain for days, or even weeks, and, when the air is thus excluded, the tooth will not ache. Should the aching begin again, this packing should be removed, the cavity cleansed and refilled the same as before. Should the pain continue, or affect all the teeth on one side of the face, the treatment given below for face-ache will give relief.

FACE-ACHE, OR FACIAL NEURALGIA.—The fifth pair of cranial nerves spread out into numerous branches, and supply the teeth, as well as the muscles and skin of the face. Neuralgia of this nerve is a common affection in pregnancy, and is spoken of as face-ache, facial neuralgia, and *tic-douloureux*. It may commence in a decayed tooth and then spread to all the teeth and nerves of one side of the face. It may also be excited by exposure to cold, may develop as one of the results of malaria, or it may occur through sympathetic nervous action, from pressure of the enlarged womb on the great sympathetic nerve.

Treatment.— As a rule a five-grain quinine pill should be taken three times a day, after eating, and five drops of the *tincture of yellow jessamine* every half-hour till the pain is relieved. This can be repeated till the eyelids feel heavy, when it should be discontinued. If the bowels are constipated, they should be relieved, and attention should be

paid to the diet. Sometimes, if the patient is weak, two tablespoonfuls of good whisky in half a goblet of milk will promptly relieve the pain. It is a great mistake to use morphine or opium in any form. Though it will promptly relieve the pain, it does not cure, and it is sure to injure both the fœtus and the patient.

INSOMNIA.—Insomnia, or sleeplessness, is often a troublesome complication during the last months of pregnancy, and, when not relieved, it renders a woman less able to withstand the pains of labor than if she enjoys natural sleep to the last.

Treatment.—Exercise in the open air, simple and nutritious diet, and regularity of the bowels should be looked to from the first. Bathing the feet in hot water, and eating a light supper before going to bed, will often determine the blood from the head and thus insure sleep. Massage or magnetism may also be employed with advantage. All such means should be tried before resorting to the use of drugs.

Opiates should never be used, but *bromide of soda* may be given in doses of twenty grains, in water, after each meal and at bedtime, for two or three days. As soon as sleep is secured, the medicine should be discontinued. A pill of one grain of *extract of hyoscyamus* every night at bedtime, is harmless and can often be used with advantage.

MANIA, OR INSANITY.—Women of a nervous temperament, who are subject to hysterical attacks, and those predisposed to insanity, often manifest symptoms of mania during pregnancy. These symptoms may come on immediately after conception, or at any period during pregnancy. They manifest themselves in a variety of

ways, which cannot fail to attract attention. Sometimes the patient becomes very melancholy, seeks solitude, thinks she is going to die, will not eat, and even neglects her personal appearance. She will often take an unreasonable dislike to her husband, mother, children or other friend, and consider herself badly treated, and declare they want to poison her or drive her from the house. After these symptoms are noticed, a physician should be consulted at once, as she may become violent at any moment, and do herself or others bodily harm. She will often be entirely "out of her mind," and after confinement will have no recollection of what has happened.

It is useless to lay down any line of treatment for this condition, as the experienced physician must determine that in each individual case. The mania that develops just before or immediately after confinement, and known as puerperal mania, will be described in full in a subsequent chapter.

DISORDERS OF THE BLADDER.—Sometimes there is an irritation of the neck of the bladder from pressure, which causes a frequent desire to urinate that may become annoying. This occurs during the early stages of pregnancy, and again during the last two weeks.

Sometimes the kidneys and the ureters * are affected by a spasmodic action, due to nervous sympathy, which occasions severe pain along the groin, and a suppression of the urine, though the desire to pass it is increased.

Again, the quantity of urine passed, gradually decreases, and it is filled with a whitish substance that settles to the bottom of the vessel upon standing. This indicates the presence of albumen, which is almost always

* Canals leading from the kidneys to the bladder.

present in the urine of pregnant women; but, when it becomes excessive, it becomes a serious matter. This condition is always present before mania develops, and, if not the cause, it aggravates puerperal mania and puerperal convulsions, and may result in Bright's disease, and cause death by uræmic poisoning and the resulting coma.

Treatment.—The frequent desire to urinate is relieved by the recumbent position on the back, and the use of the sitz-bath. The flow of urine can be increased by making a strong tea of *marsh-mallow root*, and drinking a teacupful with 10 grains of *acetate* of *potash* added every two or three hours. The irritation may be relieved by the following: Fluid extract of bearberry, 2 ounces; fluid extract of black cohosh, 1 ounce; glycerine, enough to make 6 ounces. Mix, and take a teaspoonful after each meal and at bedtime.

For the pain in the groin and the suppression of the urine, add five drops of *tincture of yellow jessamine* to each teacupful of the *marsh mallow* tea, recommended above, and repeat the dose every half-hour till five or six doses are taken.

When the quantity of the urine has gradually increased and a white sediment is noticed, it should be sent to the physician to be examined for albumen. The quantity of albumen present, and its appearance under the microscope, will determine the treatment to be followed, and the directions of the physician should be implicitly obeyed.

CHAPTER VI.

MOTHERHOOD — Continued.

Painless Childbirth — Natural Labor and Its Management — Difficult Labor — Preternatural Labor — Complicated Labor — Attentions After Labor — Diseases Following Labor — Accidents of Labor — Miscarriage and Premature Labor — Pre-natal Impressions and Mother's Marks.

WHILE many of the disorders described in the preceding chapter are frequently met with during the period of pregnancy, yet no woman suffers from all; and, in many cases, they are escaped altogether. As before stated, some women enjoy the most perfect health during the whole period of pregnancy, but this is the exception, and not the rule, under our present civilization. So common have become the disorders of pregnancy, and so severe the pains of childbirth, as a rule, that young wives have come to look upon the possibilities of motherhood with dread. Is this natural? and, if not, how is it so universal? Let us inquire and find an answer if possible.

PAINLESS CHILDBIRTH.

Is pain during childbirth necessary? I answer that child-bearing is as much a natural function as any function of the body, and, when healthy, it should be free from pain and sickness. Physiologists tell us that healthy function is unattended with pain, and that all pain is the result of some violation of natural law; consequently, if the perpetuation of our race is the natural function of women, childbirth should be free from pain and danger.

It is a well-known fact that the lower animals suffer very little in bringing forth their young, and that among savages comparatively no pain is experienced. It is also the verdict of those who have had opportunities for observation, that in the days of slavery in America the slave-women had but little pain, required little or no attention during confinement, and were only detained from their work a few hours thereby. The same is true of the peasant women of Germany, France and Italy.

Dr. John H. Dye, in his valuable little book, "Painless Childbirth," writes as follows:

"Among the poorer classes, *i. e.*, those who are robust, but compelled to depend upon their daily toil for the necessaries of life — the plainest food — to whom luxury is a stranger, we often find the labor easy and speedy, and often with no attendant, except perhaps the husband or a little girl — not even a midwife — the woman gives birth, and in a few hours resumes her usual duties.

"It is generally known among the American Indians that the avocations of the squaw are seldom, if ever, interrupted by an inconvenience from pregnancy or labor. My brother-in-law, Dr. S. T. Baker, who has spent many years on the western frontier among the Indians, where he had excellent opportunities to observe and acquaint himself with their habits, informs me that a pregnant squaw does not occasion any concern to her companions. She performs the usual drudgery of her life up to the very hour of her labor, making no preparation for the coming '*papoose.*' When she realizes that the hour for delivery is at hand, she enters her cabin, or betakes herself to some stream or spring, gives birth, washes the young '*Injun*' in the cold water, straps it upon her back, and before she

has been scarcely missed at all, has returned a full-fledged mother, and resumes her labors unconscious of having undergone any wonderful ordeal. If the band to which she belongs is on a march when she feels that labor is upon her, she leaves the trail, and, beside some brook or spring, spreads her blanket, is delivered, washes the infant, straps it upon her back, mounts her pony, gallops on after the rest, whom she overtakes after one or two hours' absence. If they experience any of the annoyances of pregnancy that afflict the daughters of artificial life, they pay so little attention to them as to attract no notice whatever."

Prof. Huxley says, "We are, indeed, fully prepared to believe that the bearing of children may, and ought to become, as free from danger and disability to the civilized woman as to the savage."

Dr. Dewees concludes, "that *pain in childbirth is a morbid symptom;* that it is a perversion of nature, caused by modes of living not consistent with the most healthy condition of the system; and that such a regimen as should insure such a completely healthy condition might be counted on with certainty to do away with such pain."

Prof. Pancoast, in his "Ladies' Medical Guide," says: "It is a common belief that gestation is a period of disease and suffering, and that parturition is inevitably a painful and dangerous process. Now, the great truth to be learned is, the reverse of such impressions. It is just as natural for a woman to bring forth children as for a shrub to produce flowers and fruit. In a state of health no natural process is painful. Pain, in all cases, is a sign of disease — it has no other significance. In its healthy condition, the uterus receives the germ of a new being, provides it with proper nourishment, expands to make

room for its development, and, at the time appointed by nature, dilates its opening and contracts — a series of involuntary and painless muscular efforts — so as to throw the infant into the new existence which its growth demands. It performs its own proper functions, just as the lungs, the heart, or the stomach perform theirs."

I could quote many other authorities to sustain the declaration that childbirth should be painless, but those already quoted are sufficient to show the character of the testimony in its favor. But the question is often asked, "Why, then, are pain and suffering so universally present?" I answer, because of a false system of education; because of the errors so common in developing the child during the formative years of its life, from infancy to puberty; because of the lack of outdoor exercise, which can alone secure proper physical development; because of improper modes of dress from girlhood, by which the ribs become compressed and deformed, and the various organs crowded out of their normal positions; because of the excitement and frivolities of fashionable life to which girls are subjected before they are properly developed, and which prostrate their nervous energies and lay the foundations for a series of nervous disorders; and because of the outrages and violence young married women inflict upon themselves, in their desire to escape "for a time" the duties of motherhood.

For generations women have deformed themselves by tight lacing and wearing heavy skirts suspended from the waists, till now, by heredity and a gradual process of evo lution, most women have deformed ribs. This naturally contracts the space requisite for the full development of the pregnant womb, and pressure must result. Again, the

dress, even when tight lacing is not resorted to, is such, as a rule, as to interfere with the elevation of the ribs, which is necessary for full respiration, as well as to enlarge the abdominal cavity for the accommodation of the enlarged pregnant womb. This adds to the undue pressure on the womb, besides preventing a full supply of oxygen, so essential to the development of the fœtus, and the healthy growth of the uterus. Again, many pregnant women try to hide their condition by tight lacing, as long as possible, and thus add to their suffering, not only during pregnancy, but at childbirth.

To insure painless childbirth, mothers must begin with the babyhood of their daughters, in order that women may have perfectly healthy organs, capable of performing their normal functions, which must always be painless. The reader is referred to the chapters on "Babyhood" and "Childhood" for information regarding normal physical development.

The women of to-day, however, can do much to prevent the disorders of pregnancy and to diminish the pangs of childbirth. They must begin by abandoning tight lacing and by suspending the skirts from the shoulders, so as to relieve all pressure from the abdomen and all constriction from the waist. This is not incompatible with comfortable and stylish dressing, and it is a pleasing sign of the times that many women have already begun to move in this reform.

Young women should live more in the open air, should take regular and systematic exercise, which should include walking and running. The lungs should be fully expanded so frequently that the largest possible lung capacity may be secured. Late hours should be avoided,

and the sleeping apartment should always be well filled with fresh air. The old idea that night air is unhealthy and must therefore be excluded, is a fallacy that is now completely exploded. Stimulants of all kinds should always be avoided, except as a medicine, as they are never needed, and always do harm during the period of physical development.

After marriage, sexual excess should be carefully guarded against, and all means of preventing conception, excepting the physiological one previously described, must be avoided. A single attempt at abortion, even when unsuccessful, entails lifelong suffering on the woman; and those who wish to be healthy, and free from suffering during subsequent pregnancies, must shun this vice as they would a viper.

The unsought-for and unwelcome child entails more suffering on the mother than the one that is desired and is the result of design. This is true because conception in one case results from a violation of the mother instinct in woman, while in the other it is the result of a natural expression of healthy function.

The pregnant woman should be free from anxiety and pressing cares; should continue her regular exercise in the open air; should attend to her usual duties in life, and not sit with folded hands, and feel that she must of necessity be an invalid. Her dress must be loose and comfortable, her diet should be simple and nutritious, her bowels should be kept regular, and she should take a tepid sponge-bath every morning, and a warm bath once or twice a week before retiring.

Coitus during pregnancy should be entirely avoided, or very rarely indulged in, and then only when strongly

desired by the woman. This is much more important than is usually admitted, and man, with his superior wisdom, needs to learn a lesson from the lower animals. To insure the observance of this rule the husband and wife should occupy separate rooms, or at least separate beds. Some will say that this deprives man of his marital rights. This is true, if marriage is intended simply to gratify passion; but, if its aim be the perpetuation of the species, is not that end accomplished at conception? and those who would avoid the pains of childbirth will find that this is one of the most important rules to follow.

The diet of the pregnant woman has an important bearing on the development of the bony structure of the fœtus, as the calcareous or earthy matters necessary for hardening the bones must be supplied through the food of the mother. The framework of the fœtus is at first made up of soft material called cartilage, or gristle, but prior to birth some of the bones have developed into true bony tissue, which is much harder and more unyielding than cartilage. Now, it is claimed that by abstaining from such articles of food as contain large quantities of earthy matter, the ossification or solidifying of the bones may be retarded, so that at birth the structure of the fœtus will yield readily, thus rendering the childbirth easier than when the bones have hardened before birth. Upon this theory a diet can be selected that contains little earthy matter, and thus immunity from pain is in a measure secured.

To insure a diminution of pain in childbirth, the pregnant woman should live largely on a fruit diet, as fruits contain a very small percentage of earthy salts. Wheat, beans, rye, oats, barley, potatoes, beef and mut-

ton contain the largest percentage of these salts, and hence all these should be avoided as articles of diet. The flesh of young animals, as veal and lamb, fowls, fish, eggs, milk and fresh vegetables generally, contain but little of these salts, and can be added to the fruit diet. Water contains considerable limy material, and should not be used without boiling.

If this course of diet is generally followed from the third month of pregnancy, there can be no question but that the bones of the child will be undeveloped and soft at birth, and that fact will render labor less painful than it would otherwise be, all else being equal. This fact, however, is no reason why women should not aim to so perfect their own organizations as to make it unnecessary to deprive their offspring of a single element that is essential for the most perfect development.

Women who suffer much from the disorders of pregnancy are almost certain to have a difficult labor. All such will find great benefit, and many complete relief, from the continued use of the *compound sirup of partridge berry*, or *mother's cordial*, taken in doses of from four to six tablespoonfuls, twice a day. It is composed of *partridge berry vine*, *false unicorn root*, *high cranberry bark*, *and blue cohosh root*. The process of preparing it is somewhat troublesome, and therefore it should be made by your druggist. Be sure and ask for mother's cordial, prepared after the formula in " King's American Dispensatory."

NATURAL LABOR AND ITS MANAGEMENT.

When the fœtus has attained such a degree of development as to render it capable of independent life, which it

does in about two hundred and eighty days, the muscles of the body of the womb take on contractile action and force its contents against the circular muscles that form the mouth of the womb. The mouth of the womb thus becomes dilated, while the continued muscular contraction expels the fœtus and its secundines.* This action is part of a normal function, and is called *labor*, or parturition. The muscular contractions are attended with pain, and have, consequently, been called labor pains. The average duration of a natural labor is from four to six hours. In many cases it does not last more than fifteen or twenty minutes, and, if women observed the laws of nature, this would be the rule; but it often occupies many hours.

Among the premonitory signs of labor, the sinking of the abdomen is the first noticed. This frequently occurs two weeks before the labor, but it may not do so till three or four days before. Sometimes a squeezing sensation is felt in the abdomen, which recurs at intervals, and which is, doubtless, painless uterine contractions. They may be felt two or three weeks previous to labor, and they certainly produce changes in the mouth and neck of the womb before the commencement of actual labor.

The parts become somewhat softened, and about twenty-four hours previous to labor a copious mucous discharge takes place, which is commonly called " the show." This discharge, however, is not always present.

Labor proper commences with intermittent pains, weak at first, but which become gradually stronger and more frequent. These are called *true pains*, in distinction from the irregular pains, which come and go at irregular

* The membranes and afterbirth.

intervals for several days, without having any effect on the womb, and which are called *false pains.*

Labor has been variously classified by authors, but Prof. John King and other writers divide it into four classes, as follows:

1. "*Natural labor*, in which the fœtal head presents, and where delivery is effected within twenty-four hours, without the aid of any artificial power.

2. "*Difficult labor*, also called *lingering*, *tedious* and *protracted*, in which the fœtal head presents, but where labor continues beyond twenty-four hours, and may require some medicinal, manual or instrumental assistance.

3 "*Preternatural labor*, in which some other part than the head presents, where there is a prolapsus of the umbilical cord, or a plurality of children.

4 "*Complicated labor*, in which some accident occurs, not connected with the presentation of the fœtus."

For the sake of convenience, labor is divided into three stages. The first stage begins with the first symptoms of labor, and ends with the complete dilation of the mouth of the womb; the second stage extends from the completion of the first to the birth of the child, and the third includes the expulsion of the placenta, or afterbirth.

In the first stage the pains are felt low down in the back and abdomen, and in the groins and thighs. No bearing-down is felt with these pains, and the patient should not make any effort in that direction. Nausea and vomiting sometimes occur, but should not occasion any alarm. As these pains continue the "*bag of waters*" crowds into the mouth of the womb and helps the dilation. As a rule, it does not break till near the end of the first stage, though it may do so at any time. No officious

attempt should be made to rupture this membrane till the full dilatation of the womb, for, when the waters escape early, the labor is more difficult, and constitutes what is called a dry labor.

Among savages and women who have a normal physical development this stage of labor is completed without pain, as they only experience the grasping feeling of the painless uterine contractions, a condition analogous to the contractions which take place under the influence of chloroform.

In the second stage the pains become stronger, of longer duration, and with shorter intervals between them. The patient now feels like making an effort to help, and she distinctly feels the head moving downward. As the child's head passes through the bony pelvis and presses on the soft parts, these yield, and finally, with one long contraction, the head is born. In a few moments another pain expels the body. This stage lasts from five minutes to half an hour, as a rule.

The womb is prepared for the third stage by a short period of rest, when one or two pains come and the membranes and placenta are expelled. This occupies a few moments, as a rule.

In natural labor these stages follow each other in rapid succession, without difficulty or complications. Labor being a normal function, nothing is to be done in the majority of cases but to await the advent of the child.

When the first symptoms of labor are manifest, the nurse should be sent for, if she is not already at hand. The bed should be prepared by covering it with a rubber sheet, over which a folded sheet may be placed; and another sheet should be folded and fastened loosely around

the patient's waist, so that it can be removed when the labor is over.

As soon as the pains become regular the physician or midwife should be sent for, and, on arriving, he or she should make an examination to ascertain the condition of the mouth of the womb and the position of the child.

If the bowels are constipated, they should be relieved by an enema of warm water and soap-suds, and the bladder should be emptied as often as desired. Should the urine not pass, it should be drawn off with a catheter before the second stage begins.

During the first stage and the beginning of the second, the woman need not remain in bed, but can assume any position in which she can feel the most comfortable; but, as soon as the head begins to press on the soft parts, it is best to remain in bed. At the time of delivery she may lie on her back or left side, with the legs drawn up, though the back position is, as a rule, the most comfortable.

No effort at bearing-down should be made till that inclination is distinctly felt of itself, as if thefœtus was being crowded down into the pelvis. Then voluntary efforts will help materially, but no such effort should be made except during the continuance of a pain. At this time the feet should rest against the foot-board of the bed, or against some solid body placed at the feet, and a sheet or towel may be fastened to the foot of the bed, on which the patient can pull while she presses with her feet, as each pain comes on. The nurse and midwife may allow her to pull on their hands, instead, if they prefer.

The lying-in chamber should be comfortably warm, but not hot, and provision should be made for proper

ventilation. The expectant mother should be made to understand that the coming ordeal is the completion of a natural function, and there is no occasion to look upon it with dread. The room should be free from company, and the attendant should endeavor to quiet all fear, instead of recounting his experience with "*terrible*" cases.

No instructions are necessary for a skilled physician or midwife as to what should be done at the time of delivery; but any woman is liable to find herself alone with a friend at such a time, and the child may be born before the attendant arrives. In such a case there is no cause for alarm, for the speedy delivery is a sure sign of a natural and simple labor. It is only necessary to "*keep cool*," and render such assistance as is necessary.

The mother can always tell when the head is born, even if the child does not cry, which it usually does as soon as the head reaches the world. Whoever is present at such a time should immediately pass the finger around the neck to see that the cord is not wound around it. If this is the case, it should be carefully slipped over the head before the next pain comes. The neck being free from the cord, if the child has not cried a finger should be inserted into the mouth to remove any accumulation. Then wait a few moments for the expulsion of the body. If this does not occur in a minute or two, the index finger should be inserted at the back part of the vagina, so as to get it under the shoulder, in the axilla, and gentle outward traction should be made while a downward pressure over the abdomen should be made with the other hand. This will always complete the delivery, and the mother will experience a period of rest, which may range from five minutes to half an hour.

Cutting the Cord.— Attention must now be directed to the infant. If it cries, it is sure to be all right, and the cord can be cut at once. If the child does not show signs of life, it should be turned from side to side, and slight pressure made on the ribs, sprinkled with hot or cold water, held by the feet with its head down for a moment. When breathing begins the cord should be felt, and, when its pulsation stops, it should be cut with a pair of scissors previously provided for the purpose.

It has been the custom from time immemorial to tie the cord about two and one-half or three inches from the abdomen before cutting it, with the view of preventing the child from bleeding to death. Some apply the second ligature and cut between the two. It is now demonstrated that tying the cord is entirely unnecessary, as the direction of the current of blood changes as soon as the infant begins to breathe, and then no blood can escape from the vessels of the cord, except what may remain in them when the change in circulation takes place, and it is better that it should escape. It is true that few physicians are yet willing to leave the cord untied, and, as the tying does no special harm, it may be done to allay any fears of the mother. When the cord is cut, the child can be wrapped up in a warm blanket, and left in some comfortable place till the mother is cared for.

The placenta, or afterbirth, is usually expelled with one pain, in from five to thirty minutes. It may be hastened by placing one hand over the abdomen, and kneading the womb with gentle pressure, at the same time making slight traction on the cord. The cord should never be forcibly pulled, as such traction is liable to invert the womb.

Should there be much flooding, the hand should be held on the abdomen, pressing over the womb till contractions take place. The head should be lowered, the abdomen sprinkled with cold water, and a cold compress applied against the vulva.

The soiled sheets should be removed at once, the patient bathed with a tepid sponge bath, her clothing changed if soiled, and everything done to make her clean and comfortable without delay. An extra blanket or quilt should be spread over her to prevent a chill, and she should then be left to rest. If she feels chilly, a little good whisky or brandy may be given.

The Bandage.— It is still the rule with many to apply a bandage tightly around the abdomen, under the supposition that it aids in contracting the womb, and insures a "*good form*" after childbirth. This is a great mistake, for such pressure only crowds the womb down into the pelvis, and, when it should have regained its natural condition, it is found to be enlarged and out of place. It also prevents the natural action of the abdominal muscles, and injures rather than benefits the shape. No progressive physician applies the *post-partem* bandage at the present day, and the woman who still adheres to it should lay aside her old ideas and be guided by the enlightened experience of the present day. I have frequently been obliged to fight against this prejudice in favor of the bandage, but, having carried the point by discarding it, women who have borne many children have invariably admitted that they have felt better than they ever had done before after childbirth.

DIFFICULT LABOR.

Difficult or protracted labor embraces all cases when the head presents, but which continue longer than twenty-four hours, and may require mechanical or medical aid. In such cases the physician is sure to be on hand, and he can determine the exact state of affairs. A difficult labor is not by any means a serious matter, and the patient has no occasion to be alarmed. The first labor, as a rule, is the most likely to be difficult. You should have sufficient confidence in the skill and experience of your physician to do whatever he deems best, after twenty-four hours. He may decide to give *ergot* to increase the power of the womb, or, if he finds the patient temporarily exhausted, he will insure her a few hours' rest by administering such sleeping potion as he thinks best suited to her condition. Should he decide to use the forceps, it should occasion no alarm. When properly used, they do not injure the child, and give immediate relief to the mother. With a good nurse and one lady friend present, no other physician need be called in to assist in an instrumental delivery. When consultation is asked for in such cases, it is only for the assistance, and the patient is unnecessarily alarmed. Of course, should delivery with the forceps be thought impossible, consultation should be had before any other method is decided on.

Craniotomy.—If the child cannot be born, the rule is to sacrifice the child for the safety of the mother. This is done by cutting and crushing the head of the child, and removing it in pieces. Fortunately this is rarely necessary, and, by observing the rules laid down under the heading of "Painless Childbirth," it would never have to be performed.

CESAREAN SECTION.—When it is thought that the mother cannot live, and it is desirable to save the child, an incision is made through the abdomen, the womb is cut open, and the child is removed in that way. Julius Cæsar was born in this way, and hence the name of the operation. It is rarely necessary, and should never be thought of as long as there is a possible chance for the life of the mother.

PRETERNATURAL LABOR.

When some other part than the head presents at the mouth of the womb, as the shoulder, breech, feet or knees, it is called a preternatural labor. The birth of monstrosities, a plurality of children, and the falling of the cord before any other part of the child, are also classed under this head. Feet, knee and breech presentations may be followed by a speedy labor, the only care being required while the head is being born. When the head, shoulder or arm presents, the physician is obliged to introduce his hand and turn. This consists in grasping one or both feet, and bringing them down so that the feet are born first. When there are more than one child, the labor may be uncomplicated except in the fact of plurality, and monstrosities may be born the same as a naturally developed child. Here again the physician must be the judge as to the course to pursue, and his advice must be followed, and his decisions acquiesced in. Even in these cases, when in skillful hands, there is no cause of alarm, as the large majority terminate favorably to both mother and child.

COMPLICATED LABOR.

Complicated labor embraces all conditions that are likely to interfere with the natural progress of the labor.

Among the most common complications are placenta prævia, hemorrhage, or flooding, retained placenta, rupture of the womb, inversion of the womb, and puerperal convulsions.

PLACENTA PRÆVIA.—When a pregnant woman has a flow of blood every three or four weeks, after the fourth month, it indicates that the afterbirth is attached near the mouth of the womb, and it becomes partially detached from time to time as the womb enlarges. When such a condition is present, perfect quiet should be observed at each period of flooding, and the physician should be sent for on the appearance of the first sign of labor, as it is necessary to hasten the delivery to prevent serious trouble.

HEMORRHAGE, OR FLOODING.—Serious flooding may come on during the progress of labor or immediately after delivery, and it always requires prompt attention. If during labor, it may require prompt action to hasten delivery; and, should it occur after delivery, the head must be lowered, the foot of the bed raised at least a foot, cold water should be applied to the vulva and abdomen, and the hand should be applied over the abdomen so as to grasp the womb and thus promote contraction. Ergot should be given in full doses, and in some cases a piece of ice may be crowded into the vagina. These are the measures to be adopted in case of an emergency, but, if no physician is present, one should be sent for as soon as possible. Should fainting occur before the physician arrives, ammonia should be held to the nose, and, as soon as the patient can swallow, an ounce of good whisky or brandy, diluted with the same quantity of water, should be given.

RETAINED PLACENTA.— When the placenta, or after-birth, is not expelled within an hour, the physician should take means for its removal, and the sooner this is done the better. Should this be neglected, the friends should insist on having counsel, as serious consequences are sure to follow any neglect.

RUPTURE OF THE WOMB AND INVERSION.— These are very rare conditions, and can only be recognized by the physician. Should rupture occur, delivery should be hastened; but such cases are likely to prove fatal. An inverted womb should be restored to its normal position as soon as possible.

PUERPERAL CONVULSIONS.— Puerperal convulsions is the term applied to a malady that attacks women just before, during, or immediately after labor. Headache, dizziness, constriction of the forehead, loss of sight, ringing in the ears, flushed countenance and confusion of thoughts are the common premonitory symptoms. The convulsions are violent and irregular, and may last from a few seconds to many minutes An intermission then occurs, only to be followed by renewed convulsions, each one being more severe than its predecessor.

An examination of the urine shows the presence of a large amount of albumen, and it is generally believed that the primary cause of the convulsions is uremic poisoning.

Treatment.— Such cases as this should be under the constant care of the physician, but should the convulsions occur before his arrival, *Norwood's tincture of veratrum viride* (American hellebore) should be given — thirty drops at a dose, in water — and repeated every half an hour till the convulsions are controlled. Under ordinary circumstances this would be an enormous dose, but only good

results will follow its use in this condition. It is about the only remedy that promises any certainty of relief. Should the convulsions once be controlled, attention should at once be directed to the kidneys.

If the convulsions occur at the sixth month of pregnancy, the fœtus is sure to die, and miscarriage is sure to follow. When it occurs after the seventh month, it is always best to bring on premature labor.

ATTENTIONS AFTER LABOR.

As soon as the labor is over, and the patient made comfortable in bed, care should be taken to ventilate the room. The patient should then be directed to keep quiet so as to secure some sleep, if possible, and for this purpose it is best to darken the room. Of course, no one should remain in the room but the nurse. Even the babe should be removed so that the mother may not be disturbed by its cries.

On awaking, the patient may feel thirsty or even hungry. A little toast and tea, gruel, or some good animal broth may be given, and this light diet should be continued for two or three days. After that the most nutritious diet should be supplied. Soups, broths, roast beef, steaks, chops, milk and eggs should be used in succession. It is a great mistake to starve a woman for nine days after confinement, as was the old custom. She needs good food now, if ever, and under no pretext should it be withheld.

Sometimes the urine cannot be voided, and this soon causes great distress. Hot applications to the lower part of the abdomen, over the bladder, will sometimes cause the bladder to act; but, if it does not do so, it should be drawn off with a catheter. If once necessary, this may have to

be continued for a week or ten days, and, as it must be drawn at least three times in twenty-four hours, the nurse should be able to do it.

The bowels are generally constipated after labor, and, if they do not move for three or four days, it is all the better. Should they occasion any distress, they should be moved by enema; but, instead of getting up, the patient should use a bed-pan.

About twelve hours after confinement the vagina should be thoroughly cleansed by an injection of warm carbolized water. To a quart of warm water two teaspoonfuls of pure 95 per cent. carbolic acid should be added, and, after being thoroughly mixed, it should be poured into a *fountain* syringe, and used to wash out the vagina. Here again the bed-pan should be used to prevent soiling the bed. This injection should be used two or three times a day till the bleeding and subsequent discharge (the lochia) have ceased. This cleansing and antiseptic wash prevents the development of childbed fever, and the woman is sure to progress rapidly under this management. Even the so-called milk fever, which was supposed to be a natural sequence of the secretion of milk, is prevented by these injections, because it is now recognized that absorption of the decomposing blood was the cause of the fever known as milk fever.

A daily sponge bath, with the frequent changing of the napkins, should also be insisted on, because a free action of the skin admits of the throwing off impurities from the system, while the cleansing makes it impossible for other impurities to be absorbed into the blood.

CARE OF THE BREASTS, AND LACTATION.— For two months before confinement some attention should be

paid to the nipples. If they are small, they should be drawn out with a small breast-pump, and an effort should be made to harden them. The following will be found a valuable application for that purpose: Tannin, 10 grains; good brandy, 1 ounce. Mix, and apply to the nipple night and morning.

After the mother's first sleep the child should be applied to the breast. Though there is no milk at first, there is a watery secretion present, which satisfies the child, and is beneficial to it. The child should be applied to the breasts alternately.

About the third day the veins of the breast begin to enlarge, as do also the sections of the glands themselves. The milk ducts speedily fill up, and the breast frequently becomes very large and intensely painful. As soon as the slightest enlargement is observed, the breast should be gently rubbed from the outer margin toward the nipple, and, if any lumps or bunches are discovered, they should be rubbed till they become perfectly soft. As soon as the milk is secreted, it should be made to flow by slightly squeezing the nipples a few times, and then the child should be applied.

It was formerly a common thing for mothers to lack sufficient milk to nourish the child, but this was largely due to the starvation diet on which they were kept. To insure a good supply of milk, a healthy woman has only to be well nourished. If at first the supply is scanty, the breasts should be kept warm with flannel, gentle rubbing should be kept up, and the diet must be as before recommended. It is not a wise thing to attempt to force the milk by drinking ale and porter.

Under their present physical disabilities, women

should remain in bed at least ten days or two weeks; but, if women were physically perfect, this would be as unnecessary as it is among savage tribes.

DISEASES FOLLOWING LABOR.

The diseases that follow childbirth are much less freqently met with now than formerly. This favorable result is due to the antiseptic methods that have been introduced into modern midwifery. In fact, when any of the diseases incident to childbirth follow a natural labor, it may be said that they are due principally to the lack of proper care. Among the conditions liable to be met with are peritonitis, puerperal fever, phlegmasia dolens, puerperal mania, sore nipples, inflamed and gathered breasts and sore mouth.

PERITONITIS.—The peritoneum is a thin serous membrane that lines the inner walls of the abdomen, holds the viscera in their proper places, covers the bowels in front like an apron, forms the ligaments of the womb, and invests that organ with a thin external covering. This membrane becomes inflamed by extension of inflammation from the womb and ovaries; and the inflammation may be confined to the parts immediately connected with the womb, or it may extend so as to involve the entire membrane.

It is likely to occur two or three days after confinement, and is ushered in by a sudden and severe chill, followed by fever, with severe pain and tenderness over the abdomen. The pain is of a boring, cutting character, and is aggravated by the slightest touch. The patient draws up the legs, lies on the back, and breathes short and quick. The bowels are constipated, the abdomen is greatly distended with gas, after the third day, the tongue

is coated, and vomiting usually ensues. Sometimes a diarrhœa sets in.

As soon as any of these symptoms are observed the physician should be notified at once.

This disease may occur from other causes, as a blow on the abdomen, inflammation of the womb or ovaries, and exposure to cold and damp.

Treatment.— As soon as any tenderness is felt over the abdomen, and especially if this should be followed by a chill, a hot fomentation of hops should be applied over the entire abdomen, and this should be covered with oiled silk to retain the heat, and it should be renewed every two hours. *Spirits of turpentine* rubbed well into the skin of the abdomen once or twice a day, will also be found of great service.

The fever is best controlled by the following: Tincture of aconite root, 20 drops; tincture of veratrum viride (Norwood's) 30 drops; water, 4 ounces. Mix, and give a teaspoonful every half-hour till the skin becomes cool and moist. Opium is a valuable remedy in these cases, and is best given in *Dover's powder*, 10 grains of which may be given as soon as the fever abates, and repeated in six hours. This allays the pain, causes sleep, and promotes free perspiration. The vaginal injection should be used as previously recommended, but the water should be as hot as can be borne with comfort. To relieve the distention of the abdomen, by preventing the accumulation of gas, and to keep up the action of the skin, the following will be found useful: Fluid extract of prickly ash berries, ½ ounce; fluid extract of pleurisy root, 1 ounce; glycerine, enough to make 4 ounces. Mix, and give a teaspoonful in a teacupful of hot water every two or three

hours. The bowels need not be disturbed for a few days, but as the fever subsides the bowels can be moved by an enema.

Should there be any obstruction of the kidneys, 20 grains of *acetate of potash* may be given in a wineglassful of water three times a day. Soups, broths, gruel and milk should constitute the diet for a few days, and the patient should be kept absolutely quiet till all symptoms of the disease have disappeared.

PUERPERAL OR CHILD-BED FEVER. — Puerperal or child-bed fever usually results from absorption of the poisonous matter that lies in contact with the womb and vagina. This blood and matter soon receives air germs from without, which cause putrefaction, and the absorption of the putrefied fluids causes blood-poisoning.

This fever is also preceded by a chill and great tenderness over the lower part of the abdomen, the fever runs high, and the tongue is fiery red, dry and slimy in appearance.

Treatment. — When the parts are properly cleansed with the carbolized injections two or three times a day, as previously advised, there is rarely any danger of this fever developing. If it does show itself, the parts should be thoroughly cleansed at once, and an examination should be made to ascertain if any part of the afterbirth has been retained, and, if so, this should be removed. *Norwood's tincture of veratrum viride* should be given in doses of 3 drops every half-hour till the fever subsides. As this fever may be preceded or followed by puerperal convulsions or general peritonitis, the physician must be depended on to treat each case according to the special developments manifested.

PHLEGMASIA DOLENS, OR MILK-LEG.—Phlegmasia dolens is the technical name applied to an inflammation and swelling of the leg, which sometimes occurs after childbirth. The condition was long called milk-leg, because it was supposed that the milk left the breasts and settled in the leg. This mistake no doubt arose from the fact of the skin looking white and shiny, and there being an absence of milk in the breasts. The disease is now generally recognized as an inflammation of the veins, due to a vitiated or poisoned condition of the blood.

The disease may appear as early as the fourth day after confinement, but it most generally develops between the tenth and fifteenth days. It usually begins with severe rigors, which are followed by deep-seated pains in the groin and thigh, and an increase in the temperature of the skin. In a few hours a swelling is noticed in the calf of the leg, which gradually extends upward, involving the entire thigh. Sometimes the swelling begins in the thigh, and extends downward. The pain is very severe, and is greatly increased by motion. The limb is heavy and stiff, and it is so powerless that the patient finds it impossible to move it. The swelling rarely attacks both legs at once, though, when it subsides in one, it may develop in the other leg.

The swelling leaves the parts hard and elastic, with the skin stretched so that it is smooth and tense. It presents a shining, white appearance, and is extremely sensitive to the touch.

Sometimes abscesses may form in different parts of the leg, but this is a rare complication. It seldom proves fatal, but, as the swelling and pain subside, a numbness of the leg remains for some time.

Treatment.— If the bowels are constipated, they should be moved freely by 1 ounce of Rochelle salts. To allay the fever, 3 drops of *Norwood's tincture of veratrum viride* should be given every hour, till the skin becomes moist, or nausea is produced. For the purpose of controlling the morbid action and relieving the pain, the following should be given: Tincture of yellow jessamine, ½ ounce; tincture of black cohosh, and tincture of colchicum, of each 1½ ounce; compound syrup of stillingia, enough to make 6 ounces. Mix, and take a teaspoonful every three hours. After the pain has subsided, ½ an ounce of *iodide of potash* should be added to this mixture, and this should be continued till the swelling goes down.

The best local treatment consists in wrapping the leg in sheets of cotton batting, and then with oiled silk. This will cause free perspiration, which is the thing most desired. After the fever subsides the leg should be bandaged snugly but tightly from the toes up, to promote absorption, and thus reduce the leg to its natural size.

PUERPERAL MANIA. — Puerperal mania is a form of acute insanity that is sometimes developed after confinement. It occurs in persons of an excitable, nervous temperament, and in those who dread insanity because members of their families have been insane. In most cases a condition of melancholy is present during the last weeks of pregnancy, and an examination of the urine will usually show a large percentage of albumen.

The mind becomes unbalanced suddenly, as a rule, and the patient becomes so violent that injury to herself or others must be carefully guarded against. After the violent paroxysms subside, the patient is apt to settle

down into a condition of melancholia. During the stage of mania, death may occur at any moment, but, when melancholia sets in, reason is lost.

Such cases must be managed by the experienced physician according to the symptoms presented, and, when any indications of violence or loss of mind are observed, he should be immediately notified.

SORE NIPPLES.—The nipples often become so sore that the mother cannot endure the pain occasioned by the child nursing. Sometimes the nipple will even be seen to crack and bleed after each application of the child.

Treatment.—To guard against this trouble, the nipple should be prepared by bathing it twice a day for a couple of months before the time of confinement, with a mixture of 10 grains of *tannin* and an ounce of *brandy*. The nipple should be washed with tepid water, and carefully dried immediately after each nursing.

When soreness and cracking of the nipples have already taken place, a hot flaxseed-meal poultice should be applied, and changed every hour or two till the inflammation and soreness are relieved. Then wash the nipple with a solution of five drops of *carbolic acid* (95 per cent.) to the ounce of water, and afterward apply over it a piece of lint saturated in the same solution. This dressing should be applied after each nursing. During the treatment it is best to protect the nipple by a nipple-shield when the child is nursing. After the part is healed, the nipple should be washed immediately after each nursing, and then the solution of tannin and brandy should be applied. Of course this should be washed off before the child is again applied to the breast. This will harden the skin, and prevent a recurrence of the soreness.

MISS CARRIE DANIELS.

GATHERED BREASTS.— When the secretion of milk begins, it often happens that the glands of the breasts become so distended that they become hard and tender from the pressure of the milk. If care is not taken to rub the breasts while in this condition, so as to cause the milk to flow from the nipples, the pressure will increase till inflammation sets in. The veins of the breasts first become distended, and the skin becomes discolored; the pain is of a heavy, crushing character at first, but finally assumes a beating, throbbing character, which is always indicative of the formation of pus, or matter, and the development of abscess.

Treatment.— When the least tenderness or hardness is felt, the breasts should be rubbed gently till they become soft and milk is got from the nipples. A breast-pump should then be used to draw off the milk. If this does not give relief, apply to the breasts cloths saturated in the following mixture: Muriate of ammonia, 2 drachms; fluid extract of poke root, 2 ounces; alcohol, 4 ounces; water, enough to make 1 pint. The cloths should be kept wet and covered with dry flannel till the pain is relieved. In addition to this, 10 drops of *fluid extract of poke root* should be taken, in water, after each meal and at bed-time.

If a deep-seated throbbing pain is felt, the surgeon should be consulted at once, as much suffering and destruction of tissue will be saved by making an early and free incision into the center of the inflamed part. After the use of the knife, a hot flaxseed-meal poultice should be applied every two or three hours for a day or two. Those who dread the use of the knife and leave these cases till they open themselves, suffer much more

than is necessary, and, as a rule, the breast will be deformed.

SORE MOUTH.—It sometimes happens that nursing women suffer from a peculiar form of sore mouth, which is called the *sore mouth of nursing women.* It manifests itself by a severe scalding of the tongue and mouth, and a pink color of the membrane. It is generally a condition resulting from debility and constipation.

Treatment.—The bowels should be regulated and 30 drops of *dialyzed iron* should be given in half a wineglassful of water three or four times a day. As a wash an infusion, or tea, made by adding a pint of boiling water to one ounce of crushed root of *golden seal.* To this an even teaspoonful of powdered borax should be added, and then the mouth should be washed with it two or three times a day.

ACCIDENTS OF LABOR.

During the progress of labor, the neck of the womb or the perineum may be torn, either from the pressure of a large head or from the use of instruments. These cases require to be properly treated to prevent serious troubles in after years.

LACERATION OF THE PERINEUM.—The perineum is the name applied to the space between the back part of the vagina and the rectum. The pressure of the child's head, or the use of instruments, may tear through all these tissues so as to connect the vagina and rectum, or the tear may only extend partly through the tissues. These parts should be carefully examined as soon as the labor is over, and, if there is any tear, it should be attended to at once, by the insertion of two or more stitches. To insure the success of the operation, the

urine should be drawn off with a catheter for a week or ten days, after which the stitches may be removed.

When such lacerations are not attended to at once, much suffering and inconvenience are produced, and after a time an operation must be performed which will confine the patient to bed for at least five or six weeks. Many cases of chronic invalidism in women result from neglect in operating on lacerated perineum; and, when an operation is properly performed, prompt and complete relief is secured. No woman should allow even a slight rupture of the perineum to go without being operated on.

LACERATION OF THE NECK OF THE WOMB.—Sometimes the neck of the womb is torn during the progress of the labor, but is not reorganized till symptoms of inflammation are subsequently developed. If not relieved by a proper operation, it is sure to occasion much suffering, and will usually prevent the possibility of subsequent pregnancy. An experienced surgeon should always be consulted, and an operation should be performed as soon as the parts are in proper condition from local treatment.

MISCARRIAGE AND HEMORRHAGE.

When the fœtus is expelled from the womb before the seventh month of pregnancy, it is called abortion, or miscarriage. These terms are synonymous, though the term abortion has by usage come to mean, with many, the expulsion of the fœtus caused by criminal interference; while miscarriage is the term applied to its accidental expulsion.

Miscarriage may be caused by a debilitated condition of the mother, by the death of the fœtus from any cause, by any severe mental shock or injury, and by criminal interference. When it once occurs, it is likely to take

place again about the same time at each succeeding pregnancy. It may occur at any time prior to the seventh month, but is most frequent between the eighth and twelfth weeks.

The symptoms are intermittent pains resembling those of labor, and a sudden and profuse hemorrhage from the womb. Sometimes it is ushered in by a severe chill which is followed by high fever.

Treatment.— The patient should assume the recumbent position as soon as the first symptoms appear. A quarter-grain *morphine pill* should be given at once to relieve the pain; and to prevent the uterine action, half a teaspoonful of *fluid extract of black haw* should be given in water, three or four times a day. This remedy is almost a specific for the prevention of miscarriage, and women who habitually miscarry should begin taking it several days before the usual time that the miscarriage takes place, and it should be continued for a week or ten days after it has passed.

When severe hemorrhage occurs, the physician should be sent for as soon as possible, as he needs to resort to mechanical means to control it. Before the physician arrives, it may be necessary to lower the head and elevate the hips, to apply cloths wet in cold water to the vulva and over the lower part of the abdomen. As the hemorrhage cannot be relieved till the fœtus is expelled, the physician must be allowed to make an examination immediately on arriving, so as to be able to render assistance at the first possible moment.

PREMATURE LABOR.

By premature labor is meant the expulsion of the fœtus before the full period, and after the seventh month

of pregnancy, when the child may live, though not fully developed. These labors come on the same as a natural labor, but, as a rule, are not so severe. The same general management of the mother is required, but much more care is necessary to establish and sustain the vitality of the child. Some women habitually begin labor at the seventh month, and, as before stated, a living child born at that time is recognized, the world over, as legitimate.

STILL-BIRTH.

When a child is born dead, it is said to be still-born. To be still-born, it must never have breathed. If it breathes, it is not still-born, and it is often very important that this matter should be carefully noted. Circumstances may arise when the breathing of a child involves very important issues. If a will is made leaving property to the children of a certain man or woman, the still-born child could not inherit, but, should the child breathe and die the next minute, that child would be the heir, and must inherit the property, which would go to its parents, as its natural heirs. Any other provision of the will would be annulled by the fact that the child had breathed.

Still-births are often more difficult than natural labor, but the general management of the matter is the same as before described. Strict attention must be paid to the condition of the breasts, as they will cake and become inflamed if not managed as described under the article on "Gathered Breasts."

PRE-NATAL IMPRESSIONS AND MOTHER'S MARKS.

The influence upon the child of impressions received by the mother during the period of gestation is now so fully recognized that it is unnecessary to discuss it. All

who have studied the subject admit that the future well-being of the child depends, in a great measure, upon the condition and surroundings of the mother before its birth. A delicate, sickly mother cannot impart a healthy physical structure to her child; nor can a mother who is worried and fretted by the cares of life, who is forced to live in an atmosphere of discord, drunkenness or debauch, who suffers from some overpowering grief, or who lives in constant dread of poverty or abuse, impart to her child a mental organization of healthy, vigorous equipoise. The child's mental and physical conditions correspond with the conditions of the mother during the period of pregnancy. If the mother is happy, contented and healthy, her child will have an evenly balanced mind and body, and the reverse is equally true.

How important, then, that the pregnant woman should be surrounded by all that makes life pleasant and beautiful, that promotes her own health and satisfies all the higher aspirations of her nature; for in this way only is the impress left upon the fœtus that insures a perfect child.

A great variety of marks and deformities which are present at birth are distinctly traceable to frights and impressions received by the mother while carrying the child. To adduce the testimony in support of this would occupy too much space; but every woman can find some evidence on the subject among her own friends. It can be laid down as a rule that should never be violated, that a pregnant woman should not expose herself where she would be likely to see any disgusting or horrible sight, where she could be frightened in any way, or where her emotions were likely to be strongly wrought upon. All

such impressions are liable to leave their impress upon the child, and many of them will mar its whole life.

Mother's marks thus caused may affect the habits and disposition of the child, or may cause deformities such as discoloration of the skin, large moles, vascular tumors, hare-lip and cleft palate, deformities of the head, back and legs, redundant fingers and toes, or abnormal developments in the form of monstrosities.

Many of these physical defects can be remedied by surgical interference, but the mental and moral remain as a heritage from the mother which the child must carry through life.

CHAPTER VII.

BABYHOOD.

Care of the New-Born Babe — Infant Feeding — Baby Hygiene — Physical and Mental Development.

BABYHOOD embraces the first two years of life, and is in many respects the most important period of human existence. We cannot conceive of a more helpless thing than a new-born babe. It can breathe, utter a feeble cry, and is possessed of a degree of automatic motion, but, morally and intellectually, it has not commenced to live. With proper nourishment and care, it begins to grow, but it is not till about the third month that we notice the gradual dawning of intellectual life.

During the whole period of babyhood the child is often at the mercy of persons who know nothing about the care of infants, and thus ignorance and officious interference not only render it uncomfortable, but also lay the foundation for disease, and swell the lists of infant mortality.

When it is remembered that nearly one-sixth of all the children born die before the completion of their first year, the importance of a more general knowledge of the care of infants becomes apparent. This great mortality does not result from necessity, but is the natural sequence of violated laws. How, then, shall we secure the health of our babes and diminish our yearly death-rate of the innocents. The essentials are few and simple, and consist in securing for them cleanliness, pure air, suitable

clothing, proper food and rational physical, moral and mental development.

CARE OF THE NEW-BORN BABE.

As previously stated, the first care of the attendant, after the birth of the child, should be to see that it breathes properly. If it does not, the chest and abdomen should be sprinkled with hot water, and the lower ribs should be gently pressed upon with a hand on each side, so as to promote artificial breathing. After pressing in the ribs for a moment, the pressure should be removed, when air will be drawn into the lungs, when the pressure is again applied and relaxed, alternately, till the breathing is established. Should this fail, a thin handkerchief should be placed over the open mouth of the child, when the attendant places his mouth over it and blows, so as to force air into the lungs. By repeating this a few times, and keeping up the artificial respiration, animation will be established even in cases where it would seem to be impossible.

As soon as the babe cries and the cord is severed, it should be placed in a warm blanket, and left in a safe place till the mother is cared for.

WASHING THE BABE.— At birth the skin of the child is covered with a white, tenacious substance, called *vernix caseosa*, or cheesy varnish, that is often difficult to remove. To render its removal easy, the entire body, including the scalp, should be gently rubbed with vaseline or sweet olive oil, and this should be left on for about an hour. Then the child should be wiped with a piece of soft flannel, which removes this secretion. The room should be warm, and the water for washing the child should feel quite warm

to the hand of the nurse, or, if tested by the thermometer, it should register from 92° to 95°. Castile or fine toilet soap, and a soft linen cloth should be used. The greatest care must be taken to get the skin thoroughly clean, especially about the head, arm-pits, groins, vulva and between the buttocks, but the skin must not be irritated by hard rubbing. The eyes and mouth must be thoroughly cleaned with clear water, and care must be taken to prevent the soap from getting into the eyes. Soft towels should be used for drying, which should be done by gently patting the skin, instead of rubbing. After the skin is thoroughly dried, it should be powdered with fine rice-powder, especially about the neck, arm-pits, groins, knees and vulva.

DRESSING THE CHILD. — Attention should next be directed to dressing the navel. If at hand, the stump of the cord can be wrapped in a thin layer of prepared absorbent cotton, but a piece of soft old linen will answer equally well. The linen should be smeared with sweet oil or vaseline and wrapped around the cord so as to cover the cut end and keep the whole from coming in contact with the skin. The cord, thus dressed, is laid to one side, flat on the abdomen, and is retained in position by a thin flannel bandage, about four inches wide, applied snugly around the body, but care must be taken not to have it too tight.

The babe is then dressed with long skirts, petticoats and gowns, made of soft, warm materials, all of which should be fastened by strings or safety-pins. The long skirts are necessary to keep the feet and legs warm.

The diapers should be made of canton-flannel or soft old linen, to prevent unnecessary chafing.

A soft flannel shawl should be wrapped around the shoulders and arms to complete the dressing.

WHAT SHALL THE BABE EAT? — Many people imagine that the child must be hungry, and, as the mother has no milk at first, they commence to feed it sugar and water, catnip tea, and other old woman's decoctions. Others again administer a purgative, as manna, or castor-oil. These practices cannot be too strongly condemned, as they are sure to derange the child's digestion from the start, and leave it a victim of colic and wakefulness.

After the child is dressed, it should be given a teaspoonful of cold water, but nothing else. It should be applied to the breast as soon as the mother has had a rest, after the confinement. The mother's breasts, from the first, contain a watery fluid called *colostrum*, that not only nourishes the child, but also acts as a purgative which clears the bowels of the dark excrement called the *meconium*, that constitutes the first discharge from the bowels. The prompt removal of the *colostrum* by the child makes room for the milk, and prevents the possibility of caking of the breasts.

INFANT FEEDING.

Infant feeding is a subject that has demanded and received a large share of popular as well as professional attention during the past decade. A lengthy discussion of the question, however, would occupy more space than I have at command, so that I can do no more than state the established facts in brief, with the hope that my readers will be guided by them in the future.

Human life is divided into three periods, viz.: 1st, the period of growth ; 2d, the period of interchange ; and 3d, the period of decay.

The period of growth begins with birth, and ends with the full development of all the organs and tissues of the body, which usually includes twenty or twenty-one years. Several changes of food are necessary during this time, but articles containing nitrogen must always be supplied in greater quantities that at any other period of life, as this class of foods is essential for the growth of organized tissues. The natural food of infants—mother's milk—contains a proportionately large excess of nitrogenous matter over the amount necessary for the food of the adult, and hence the growth of the babe is very rapid. Analysis shows human milk to contain about four per cent. of nitrogenous matter, less than three per cent. of fatty matter, and about four and one fourth per cent. of sugar.

NURSING.—A child should have no other kind of food but its mother's milk for at least six months. As before stated, it should be applied to the breasts as soon as the mother has had a few hours' rest. For the first six or eight weeks the child should be nursed every two hours during the day, and every three hours during the night. After the second month the intervals should be gradually increased until they reach three or four hours during the day, and six or eight hours during the night. The child should nurse from each breast alternately.

The mother should pay sufficient attention to her own diet to be able to furnish wholesome food for her child. She should avoid all articles of food that disagree with her, should eat wholesome and nutritious food at all times, and drink water and milk in preference to other fluids. It is a mistake for a nursing mother to drink ale and other stimulants to increase the flow of milk. If she cannot

supply enough milk without these expedients, she had better wean her child at once.

The nursing mother should also avoid being overheated from any cause, as it is sure to affect the milk. She should also avoid getting into a passion or showing any degree of temper, as all such things influence the condition of the child.

After the sixth month, the child may be fed once or twice a day with broth or beef tea, pure at first, but afterward thickened with tapioca, baked flour, biscuit, etc.; or it may suck the juice from a piece of steak, roast beef, or roast mutton. It is a mistake to commence feeding a child with potatoes and bread, at least until after its eye teeth are cut, as it cannot yet properly digest much starchy food.

WEANING.—If the mother is strong and has sufficient milk, a child may be nursed till it is a year old; but there are many conditions that often make it necessary to wean it long before that time.

If the mother's milk disagrees with the child, it should be weaned as soon as this fact is apparent. Should the mother be weak or debilitated from any cause, or be suffering from any disease, the child should not be allowed to nurse even if there appears to be an abundant supply of milk. The child should not nurse after the re-appearance of the menstrual flow, or after the mother becomes pregnant. If the mother is well and strong, it is best to carry a child through an approaching summer, especially if the child is delicate. In such cases the child may be nursed eighteen months or even longer. With our better knowledge of artificial feeding, however, the question of weaning is not so serious a matter as it was formerly, as the change

can be effected without danger to the digestion of the child.

The proper way to wean a child is to stop giving it the breast at once. The child will be satisfied in the day-time, but at night it should sleep away from its mother for a few nights. Even the child can be made to feel that this is the best way, and the effect is much better than when bitter applications are made to the nipples.

ARTIFICIAL FEEDING.—When a mother finds herself unable to nurse her child, a wet-nurse is, of course, the next best thing. The selection of a wet-nurse, however, is a matter that requires the utmost care, as it is necessary that she should be perfectly healthy and of a good disposition. No nurse can care for two children and supply them with sufficient food, and, when it is attempted, both children suffer. It, therefore, goes without saying, that a woman who has a living child should not be engaged to wet-nurse another. The wet-nurse should also be selected with reference to the age of her milk, and her own confinement should have been as near as possible to the birth of the child she is to nurse.

It is not always possible to procure a wet-nurse, and, therefore, we must have recourse to such artificial foods as can be best provided.

The common custom is to substitute cow's milk by reducing it one-half or two-thirds with water, which so reduces the quantity of the nutritious elements that the child is not half nourished. The proper method of preparing cow's milk for infant feeding is best shown by a comparison of the analysis of cow's and human milk.

The subjoined table shows the quantities of the different ingredients contained in 1,000 parts of milk:

	Water.	Nitrogenous Matters.	Butter.	Sugar.	Salts.	Total.
Woman's milk.....	889.08	39.24	26.66	43.64	1.34	1,000
Cow's milk.....	864.06	55.15	36.00	38.00	6.64	1,000

It will thus be seen that the cow's milk contains more nitrogenous matter (caseine) and more fat (butter) and less sugar and water, than woman's milk. Without an accurate chemical test, then, we can say that cow's milk should only be reduced by mixing four-fifths milk and one-fifth water; that is, by adding one ounce of water to four ounces of milk, and then adding a few grains of sugar of milk. After the third month the milk can be given pure.

Many people recommend the use of condensed milk, but my experience in its use has been anything but favorable.

In fact, the unfavorable conditions that so often follow even the use of cow's milk, carefully prepared, has caused much attention to be devoted to the preparation of infants' foods, and a large number have been given to the public, each of which has been recommended as superior to any other food for infants. For a long time I was disposed to stick to the cow's milk, prepared as above, but I found so much difficulty in the digestion of the caseine, or cheese, that I was forced to look around for some food that would be free from this objection, and I have found one in —

CARNRICK'S SOLUBLE FOOD.— This food is composed of the solid constituents of milk, sugar-of-milk and the finest quality of wheat. The starch in the wheat is converted into dextrine and soluble starch, by being kept

for eight hours at a temperature of nearly 300 degrees Fahrenheit. To make the caseine, or cheesy part, of the cow's milk as easily digestible as that of human milk, it is sufficiently predigested with pancreatine to render it impossible to be formed into hard and indigestible curds in the child's stomach.

This food is put up in one and five pound cans, and each can contains a scoop or measure, with which to measure out the quantity of food required for a meal. Full directions for preparing will be found on each can, but the nurse should always prepare enough portions to last the child through the night. This food will keep any length of time, it requires no addition of milk, is always ready for use, and can be prepared for the child in a few moments. It is also free from the fermentations that occur in milk, and from the development of poisons, such as *tyrotoxicon*, which often causes cholera infantum and other intestinal disorders.

Personal experience in the use of this food in my own family has led me to adopt it, and since then I have used and recommended no other. Not only does the child thrive, but the flesh is hard and firm, the skin has a healthy glow, and every function of the body seems to be perfectly performed. I have recommended it in a great many cases, and always with the same good results.

Another preparation called *Lacto-Preparata*, which is prepared wholly from milk, with the caseine digested as in the Soluble Food, and part of the butter replaced by cocoa butter, is recommended to be used during the first six months. For delicate children this is certainly the best food that can be used, but after the sixth month the Soluble Food should be substituted for it.

The Soluble Food is all the child requires till about the twelfth month, after which the soups, broths, etc., can be given, as previously recommended. Until teething is completed, however, the Soluble Food should constitute the principal diet of the child; and even in the earlier years of childhood it will be found valuable in all cases of sickness where other foods cannot be tolerated.

Milk can be mixed with this food, but experience has taught me that the child thrives best when it is prepared with water alone.

NURSING BOTTLES.—Nursing bottles with long tubes should never be used, for it is impossible to keep them clean, and, when particles of food remaining in the tube sour, serious troubles of the stomach and bowels are sure to follow. The plain black-rubber nipple is the best, and can be used on any narrow-necked bottle that has a rim at its edge. Several of these should always be on hand, and they, as well as the bottles, should be thoroughly cleansed after using.

TEMPERATURE OF FOOD.— In artificial feeding the temperature of the food is an important matter. If it could always be given at a uniformly tepid temperature, no doubt that would be the best; but, as the food is apt to be too hot at one time and cold at another, it is best that it should be allowed to stand for an hour in the living room before using, and then given to the child without heating. This insures a uniformity of temperature that will always be found to agree with the child. In cold weather the bottle should be placed in a kettle of water of 100° temperature for ten minutes, which will take the chill off the milk before the child takes it.

THIRST OF INFANTS.— Infants often fret and cry, and yet refuse to take food. In such cases a tablespoonful of cold water should be given from a nursing-bottle, when it will be found that the child takes it eagerly, and is quieted at once. In fact, a child should always be given a drink of water when it is fretful between the regular hours for feeding. If the child is constipated, a drink of cold water should be given three or four times a day.

FOOD FOR SECOND YEAR.— After the twelfth month, it is usual to feed the babe on more substantial food. It is seated at the table, and is too often supplied with all that is before it at each meal. This is a serious mistake, and often leads to fatal results. Soluble Food, when used, can be continued as the principal article of diet during the second year of babyhood, and should be substituted for the mother's milk when the baby is weaned. In addition to this, animal broths may be given once or twice a day, or a piece of steak or roast beef may be given for the child to suck, but solid meats, potatoes, sweet cakes, and large quantities of bread should be avoided, as the stomach is not yet ready to digest such solid foods. Of course all foods should now be given with a spoon, even when the bottle has been previously used.

BABY HYGIENE.

The health of the baby is the first requisite for health in after life, and every woman should understand how to care for a babe, so as to insure its good health as years go by. Everything should be done for the child in a sys-

tematic way, and thus the foundation for regular habits is laid that will usually prove serviceable through life.

Aside from the feeding of the infant, the daily observance of hygienic laws must be insisted upon. These are best considered under the following heads; viz.: bathing, clothing, sleep, exercise, and fresh air.

BATHING.— The babe should be washed every morning, but the bathing should be done as quickly as possible. After the child is stripped, it should be wrapped in a woolen blanket or shawl, when its head and face should be carefully washed, special care being taken to thoroughly cleanse the eyes, nose, ears and neck. The eyes and face should be washed first without soap, after which soap may be used. The mouth, tongue and gums should then be cleansed with a fine piece of old linen cloth and clean water, and then a couple of spoonfuls of water should be given as a drink. Then, with enough of water to cover the body and shoulders, the child should be placed in the baby's bath-tub, and gently, but quickly washed from neck to feet, care being taken to thoroughly cleanse the arm-pits, groins, between the buttocks and between the thighs. The water should be lukewarm (from 92 to 94 degrees), and a very fine sponge or a fine piece of old flannel, with castile or fine toilet soap, should be used. As soon as the child is properly washed, it should be wrapped in the blanket, and dried quickly with soft towels pressed and gently patted on the skin. Scrubbing and rubbing with cloths and sponges must be avoided, but every part must be thoroughly dried.

All parts that are likely to chafe should be well

powdered as soon as the skin is dried. The arms, legs, back, chest and abdomen should then be gently rubbed with the palm of the hand, thus giving a healthy glow to the skin, which prevents the taking of cold. During this rubbing, however, the body must not be unnecessarily exposed.

A sponge, with a little warm water, should be used to thoroughly cleanse the child after each action of the bowels or bladder, and it should always be changed as soon as soiled, in order to keep the child comfortable and to prevent chafing.

The abdomen, around the stump of the cord, should be carefully cleansed, but the dressing of the cord should not be removed till a natural separation takes place. If the dressing becomes hard, a little vaseline or sweet oil should be applied to it, but the cord should never be pulled till it drops off itself. After it has separated, a soft piece of cotton cloth should be placed over the navel before applying the roller. If this should stick to the surface, it should not be forcibly removed, and, if it should still adhere after the bath, a drop or two of oil may be applied, and a fresh piece of cloth applied over it.

CHAFING AND EXCORIATION.— The skin around the anus and genitals, and between the thighs, often becomes chafed or reddened, and in some cases it becomes so excoriated as to become very painful. To overcome this condition, the parts must be scrupulously cleansed, and should then be bathed with a carbolic acid wash, about the strength of fifteen drops of carbolic acid to a goblet of water. The parts must then be thoroughly dried, and

dusted with finely powdered *subnitrate of bismuth.* This should be done every time the diaper is changed. Ointments and grease of all kinds should be avoided.

CLOTHING.—The errors in infant clothing are often productive of much harm, and a careful consideration of the different articles is not out of place here.

The bandage is, as a rule, applied too tightly, and therefore gives rise to colic, constipation, difficult breathing, and the beginning of compression of the ribs, that usually interferes with natural development of the thoracic and abdominal viscera. The only use of the bandage is to hold the dressings of the cord, and even for this it should be loosely applied. As soon as the cord separates and the navel has healed, the bandage should be discarded. This allows a natural expansion of the lungs and a development of the abdominal muscles, without the danger of displacement of any of the organs.

The diapers should not be of new, harsh linen, but of old, well-worn linen, or canton flannel. They should be washed and thoroughly dried, even after each discharge of urine, as it insures against the chafing so common where the diapers are dried after being wet, without washing.

A fine, seamless knitted *shirt* should be worn next the skin, and the sleeves should extend to the wrist.

The petticoats should be of fine flannel, and their waists should be of canton flannel, instead of the harsh, stiff cotton material of which they are usually made. The waist should not be more than four inches wide, and should never be pinned too tightly.

The dress should also be of fine texture and of white material.

The dresses and petticoats should be sufficiently long to wrap up the feet so as to keep them warm, but the extreme length adopted by many mothers is a burden for the child and an unnecessary inconvenience for those taking care of it. After the second or third month, if the child is healthy, the skirts should be shortened to a few inches below the feet, and fine woolen socks should be worn. At about the eighth month they should be further shortened, so as to extend no further than the ankles. This gives opportunity for the free motion of the feet and legs, which should not be restrained under any circumstances. The clothing worn during the day should not be worn at night, and it is always best to use fine flannels for the baby's nightgown.

All the clothing should be loose, so as not to make undue pressure about the stomach, chest, neck or arms, and tapes or safety-pins should always be used.

The clothes should be well dried, and should never be put on while damp, nor should they be put on when taken hot from before the fire.

The custom of putting caps on infants, which is still followed by many, is sure to keep the head too warm and cause undue perspiration, which renders the child liable to catch cold. Under all circumstances the child is better without caps, either day or night.

When a child is taken out, a knitted worsted sack should be put on, and over this a long warm cloak should be worn. A knitted worsted hood and a veil of the same material should be worn in cold weather, but in mild weather the veil should not be worn. When the weather

is real cold, a warm shawl should be wrapped around the other wraps so as to cover all but the face.

EXERCISE AND FRESH AIR. — After the first washing of the babe, a system of exercise should be adopted. The arms, legs, abdomen, and back should be gently rubbed with the palm of the hand after the morning bath, and the arms and legs freely moved before it is dressed.

In summer time the child should be carried in the open air daily, after it is a week old, excepting in damp weather; but in winter it should not be taken out till it is six or eight weeks old, and then not when it is very cold. After the fourth month, the child should be kept out for an hour at least every day when it is clear overhead. The face should not be covered except in very cold weather.

A good exercise for a child after the fourth month is to lay it on its back, on a couch or rug, with the diaper removed, and allow it to kick and stretch its arms and legs. The arms may be gently pulled upward and sideways, and the legs downward and slightly outward, a few times.

The child may be gently moved up and down, but should never be violently tossed, as is so often done. This violent motion frightens the child, interferes with its digestion, and sometimes even brings on convulsions.

Perfect quiet directly after feeding should always be imperative, as motion within fifteen or twenty minutes causes the child to eject part of its food and gives rise to indigestion

It is a bad plan to urge a child to stand alone and walk too soon. It is equally unwise to urge it to creep. Let it sit on the floor, and, if it creeps of its own accord, it will secure muscular development without any injury. A

child attempts to stand and walk as soon as its bones and muscles are prepared for doing so. Before this every attempt weakens the muscles and causes the bones to bend, thus producing the deformities known as bow-legs and knock-knees.

SLEEP.— A healthy babe sleeps the greater part of the time during the first two months, only awaking for its food, and then going to sleep again. Its face should never be covered while asleep, but it should be shaded from strong light. It should be warmly covered during the day, and should sleep with its mother or nurse at night for the first two months. This is essential to supply the animal heat in which it is deficient during the first weeks of life. After the second month it is best for the child that it should sleep alone, especially if it is healthy, and its extremities keep warm. It should be left alone on awaking, if it is quiet, as talking to it and taking it up at once excites it, and prevents it from acquiring the habit of going to sleep quietly.

We are often asked, "Should a child be rocked to sleep, in arms, or in a cradle?" At the present time many claim that rocking is injurious, and should never be practiced; but I can see no special harm in moderate rocking, and certainly the monotonous motion often lulls to sleep when nothing else will.

After the second month the child sleeps less, and, as soon as it begins to notice, it will not be content to remain quiet as before. If an attempt is made to put it to sleep, it will fret and worry, and will be quiet as soon as taken up. Under such circumstances the child should be held by the nurse till it becomes sleepy, when it will drop to sleep as soon as it is laid down.

The living-room of the child should be kept comfortably warm (about 70 degrees), and should be frequently ventilated to keep the air pure.

When a child cries and is fretful and restless, it is either hungry or in pain, and the cause of its distress should be sought at once. If it has been fed at regular intervals and the feeding-time has not come around, attention must be directed to the teething and such conditions as are described in Chapter IX., in order to give prompt relief.

The practice of giving infants soothing sirups, paregoric and other sleeping mixtures, cannot be too strongly condemned. They doubtless insure long periods of sleep, but are sure to ruin the digestion and the nervous system of the child, and lay the foundation for a chain of disorders that will surely terminate in death. There is no question that the use of such drugs, to produce sleep, contributes largely to the high percentage of infant mortality we are yearly obliged to record, and greatly increases the number of puny, sickly children we see all around us.

TEETHING.

The period of dentition, or teething, is generally looked upon as a critical one in the life of the infant, and the cutting of teeth is usually regarded as an abnormal process. On the contrary, it is a natural physiological development which is essential to prepare the child for a change of diet. The teething period so often commences or extends into the summer, when so many causes are operative in producing disturbances of the digestive organs, that it has come to be popularly regarded as the primary causes of these disorders. A more careful exam-

ination, however, will readily disprove this fallacy, and thus allow us to look upon teething in a rational way, and to more carefully examine into the causes that give rise to the disorders associated with this process.

It is not easy to fix the time at which teething begins. As a rule, infants begin to cut their teeth about the seventh month, though some have teeth at three months, and others do not have any at nine months. Usually the child begins to slobber about the fourth month, thus showing an increased action of the salivary glands. After this, there is an irritation of the gums, and the child has the desire to bite on anything it can get hold of. At times the child is fretful and restless, and slight fever may be noticed. The tenderness of the gums prevents it from taking its food regularly, and thus derangement of digestion or looseness of the bowels may come on. This excitement is allayed after the first tooth appears, and is seldom as marked during the remainder of the period of teething. If, however, there is much intestinal disturbance, especially in feeble children, the cutting of the molars and canine teeth is attended with more irritation than the first.

The first, or temporary, teeth are twenty in number, and are developed during the first two years. Of these eight are *incisors*, or cutting teeth; four *canine*, or dog teeth, and eight *molars*, or grinders. The first teeth are cut in pairs, and the lower front incisors are usually the first to make their appearance; then the two upper front incisors come through the gum. Next in order come the upper two lateral incisors, one on each side, and after these the lower two lateral incisors. Then come the first molars in the lower jaw, followed by the first molars in the upper jaw, after which the lower canine or eye teeth, and then

the upper canine, appear. The second molars in the lower and upper jaws are the last, and these are not cut till the child is about two years old. While this is the order in which the teeth usually appear, yet they may show themselves in an entirely different rotation.

Gum-sticks and rings made of bone, when given to a child to bite on, often harden the gums, and thus the cutting of the teeth is made more difficult. If anything of the kind is used, a soft rubber ring will be found the most serviceable. As a rule, the child prefers its own thumbs and fingers, and it is a mistaken idea to suppose that it should be prevented from sucking them. It is a comfort to the babe to bite and suck its thumbs, which it has always at hand, and doing so causes an increased flow of saliva, which allays the heat of the gums during teething.

If the gum is swollen and red, and the tooth appears to be under the skin for several days, the physician should be called in to lance it; but it is never wise to lance the gums when the teeth are not near the surface. In such cases the wound heals before the tooth comes through, and this forms a hard scar which the tooth cannot penetrate, thus rendering the second, or even the third, lancing necessary.

The child's neck and chest should be protected by soft bibs, so that it will not be kept constantly wet by the dribbling saliva, and for the better protection an oiled-silk bib may be used under the muslin or flannel ones.

Treatment. — In uncomplicated teething, very little treatment is required. In addition to its daily bath, a hot foot-bath may be given once or twice a day. If the bowels are constipated, a teaspoonful of *compound sirup of rhubarb and potash* should be given every hour till the bowels

are moved. If the child is feverish and restless the following will be found serviceable: Tincture aconite root, 5 drops; tincture gelsemium (fresh root), 10 drops; water, 4 ounces. Mix, and give a teaspoonful every half-hour till quieted. Other complications will be treated of in Chapter IX.

PHYSICAL AND MENTAL DEVELOPMENT.

It is not enough that a babe's physical wants should be supplied. We know that, as helpless as a newly born babe is, with proper nourishment and care it immediately begins to grow; that proper attention to the hygienic rules heretofore laid down, is essential to its physical comfort; but we do not know how soon the intellectual life begins to dawn. Close observation will prove that there is some mental activity after a few weeks. Though feeble at first, this activity is strengthened day by day, and soon every word and action of those around are impressed upon the infant mind, which cannot but be influenced to a great extent by these first impressions.

How important, then, that parents should guard well this formative period of mental life, and surround their baby with such things as will produce good impressions. Wrangling and contention, and the slightest show of temper, should be carefully guarded against even before very young children, and, when they begin to talk and ask innocent questions, they should never be put off with a cross word or with an untruthful answer. Never tell a lie to a child if you do not wish to make it a liar; do not teach it to do right for the sake of reward or fear of punishment, and do not punish it for imitating even the vices of others, but rather remember that a child develops by imitation, and, if you would lay the proper foundation for

its moral education, your own lives must be above reproach. In short, you must yourselves be everything you would have your child be, for every child derives the bent of its moral life from the example of those around it.

After the third month the mother or nurse, with patience and kindness, can impress the infant mind so as to direct its action and form its habits. It can soon be taught to have an action of the bowels and pass its urine when held out for that purpose, and to wait for stated intervals for its food. So, too, can it be impressed to lie down to sleep after feeding.

As soon as it begins to follow a bright light with its eyes, it should be surrounded by beautiful and pleasing objects, and thus a taste for the beautiful is developed; and, if it frequently hears good music, it will soon show a fondness for it.

The utmost care should be taken to speak correctly in the hearing of children even from birth, and the habit of using baby-talk cannot be too strongly condemned. If the same effort is made to make children speak correctly at first, as is required to correct their errors of speech a little later, we would soon notice a great improvement in the use of our language.

In short, if we desire to have perfectly developed children, both physically and mentally, they should be the objects of our greatest solicitude from the moment of conception to maturity. The prenatal condition of the child must be first considered, and then we must see to it, that, during the period of babyhood, while physical development goes on, the moral and intellectual growth is so guarded and directed as to insure a mental development that will fit the child for a noble and useful life.

CHAPTER VIII.

CHILDHOOD.

Development of Both Sexes Alike Till Puberty — Education of Children — Hygiene of Childhood.

CHILDHOOD begins with the end of the second year, and extends to the age of puberty. This is a period of growth and development to which too little attention has heretofore been given. Under our present system, babyhood is scarcely passed before the question of sex enters into every thought for the future training of the child. Perchance, a boy is allowed to romp and play, in the fields, garden, streets, or any place where he can find room to run and jump, to laugh and shout, to roll and tumble with the natural freedom of childhood, but the girl is decked out with white dresses and a profusion of ribbons from the time she is two or three years of age, and every childish impulse of her nature is dampened by being constantly reminded that she will soil her dress, or that it is unladylike to follow the example of her brother.

This is all wrong. Girls as well as boys require a perfect physical development, and in early childhood we cannot do better than to allow children to follow their own instincts in this direction. It is as natural for a child to play as for a lamb to frisk in the field, and this play is necessary for the proper physical development of girls and boys alike. Then, leave them to play together from their earliest childhood, impose no restraints upon one that you would not upon the other, let them obey the

same hygienic laws regarding food, sleep, exercise and clothing, and, above all, do not subject them to school discipline too soon.

The observance of rules herein laid down will insure a gradual normal development of all the organs of the body, and, when the period of maidenhood arrives, normal function will be the outcome of perfect structural development. The maiden is then prepared to fit herself for her higher duties of life without being held back by any tyranny of organization, as explained in the chapter on "Maidenhood."

EDUCATION OF CHILDREN.

It is a mistaken idea that children should be well advanced in school before the age of ten, for such advancement is sure to be at the expense of their physical development. Most of a child's early education results from observation. Every new object it sees has special interest for it, and every answer given to its childish questions forms a part of its education. Thus, while attaining a physical development, mental growth goes on through the perceptive faculties, and a child often learns more in this way than in the school-room.

When school life begins, there should be more time for play than for study, and for this reason a well regulated kindergarten, where object teaching and amusements are associated, is the best for young children. I would always insist on co-education, and, as soon as the children are capable of understanding, they should be instructed in anatomy and physiology. Let them be thoroughly informed regarding the structure of their own bodies, the functions of their various organs and the hygienic laws

that will enable them to preserve health and prevent disease, and let them enter the lists for a higher education side by side.

Children should not be subjected to rigid routine, and for this reason competent teachers should be selected, who, from their knowledge of the ways and peculiarities of children, would understand how to direct their fancies and to regulate their discipline. A child who has no taste for music should never be forced to sit for hours practicing on the piano, nor should she be punished for failing to do so. It is always best to ascertain the inclinations of the child, and then direct its studies accordingly, for in this way education aids natural ability and insures the future success of the man or woman.

It is a great mistake to plan what calling each child is to have before it is old enough to choose for itself. Let the education be a liberal one, and the proper thing will present itself in due time.

HYGIENE OF CHILDHOOD.

The hygienic conditions of childhood have not received that attention that their importance demands, and it is the special duty of the mother to guard these formative years of her offspring so that their physical organizations may be perfectly developed, and thus healthy functions insured. To this end plenty of exercise, fresh air, wholesome food, cleanliness, rational modes of dress and proper rest must be insisted on. With these and the moral training before mentioned, the child will certainly have a good foundation laid, that will prove of great value in after life.

MRS. JAMES BROWN POTTER.

EXERCISE AND FRESH AIR.— Healthful exercise is best secured in the open air, and, when the weather is fine, boys and girls should be out of doors as much as possible. When children get up early, a walk before breakfast is always desirable, even in cold weather, if they are well wrapped up. Walking, running and the usual out-door sports of children constitute the best kind of exercise, and, when bad weather prevents their going out, they should be allowed to romp and tumble about in the house. Girls should not be restrained from the rougher sports of the boys, but should be encouraged to take part in them at all times.

For in-door exercise a system of home gymnastics should be devised, and should be used by children of both sexes. The "Goodyear Pocket Gymnasium" is one of the simplest devices for home exercise that can be procured. It consists of rubber tubes of various sizes, arranged with handles. A sheet of illustrations shows the various movements, which are many and graceful, and which provide for every degree of muscular development. A cross-bar fastened in the doorway, at a proper height to allow the child to reach it with the hands, will also be found advantageous as a swinging exercise.

Until the body has attained its full growth, such exercises should be imperative, especially for girls, so as to insure perfect motion of all the muscles of the body. The importance of such motion is readily explained. Every muscular contraction increases the circulation of blood in the part, so that a fuller supply of pure blood is carried to it, and the impure blood is rapidly removed. This increased amount of blood causes the muscles to grow, and thus adds to their strength. When exercise is gen-

eral, and not too violent, the same result follows in all the muscles and organs. Thus general growth is favored by proper exercise, and hence the necessity of providing means for securing it for growing children. Under our present system, girls are denied the advantages derived from systematic exercise, and thus fail to secure the physical development essential to perfect health. This is all wrong, and the only way to remedy it is to give them the same chances for physical exercise as are given to boys.

FOOD.— The child is an omnivorous animal, and, if left to itself, will eat anything it can get its hands on. Care must, therefore, be taken to provide such foods as are the most wholesome and the most likely to favor growth. After the second year more starchy foods are required, but still the nitrogenous foods must predominate.

For breakfast oatmeal porridge and milk, or bread and milk, is the best food that can be used. After a time soft-boiled eggs, and possibly a small piece of chop or steak, may also be given, but this is not necessary till the child is seven or eight years old.

For dinner, nourishing broths, a little beef or mutton cut up very fine, roast, boiled or stewed chicken and bread and butter should constitute the diet till the seventh or eighth year. After that fish, raw oysters, well cooked vegetables, light puddings, cooked and raw ripe fruits can be added.

The supper should be much the same as breakfast, and should be eaten at least an hour before bed-time.

The principal meal should be in the middle of the day, and regularity of meal-times must be enforced. A child should never be allowed to eat between meals, as such a habit ruins the digestion in a short time.

The excessive use of potatoes, so commonly fed to children, is very injurious, especially before the seventh year. If eaten at all, it should be seldom, little at a time, and only at dinner. They are not easy to digest, and, being composed almost entirely of starch, they ferment, thus causing colic and flatulence. Candies are injurious for the same reason, and many children suffer greatly from indigestion as a consequence of eating confectioneries and sugar. It is clear, then, that they should be avoided.

Tea, coffee, wine and beer should never be used by children. After maturity they may be used if required. Water or milk should be the only drink.

CLEANLINESS AND BATHING.—The importance of cleanliness cannot be overestimated, and children should be early taught to understand the observance of this law of health.

The excretions from the skin, if not removed by frequent bathings, will soon become uncomfortable to the child and offensive to those around it. Till the child is seven or eight years of age, it should be put in the bath-tub and thoroughly washed every morning. After that the child should be taught to bathe itself, and, if it is rugged and healthy, it can get into the tub as before every morning, and the water should only have the chill taken off. The skin is then briskly rubbed with a coarse towel till thoroughly dried.

A morning sponge bath may be used instead of the tub bath, in which case one part of the body can be washed with a soft sponge and soap—the chill being taken off the water—and dried before any other part is wet. When the sponge bath is used, a hot water-bath should be used about once a week immediately before bed-time.

Sea bathing is a healthful and invigorating luxury, which can be enjoyed during the season by boys and girls over eight years without anything but good resulting.

CARE OF THE TEETH.—The teeth and gums should be washed every day from the time the first tooth appears, and the child should be early taught to clean them with a soft brush night and morning. This will prevent the first or temporary teeth from decaying, and thus a good permanent set of teeth is insured.

The permanent teeth come in gradually, and seldom occasion much disturbance. If the primary teeth are decayed, they should be extracted, and thus the permanent ones are saved from the same condition. If a permanent tooth appears before the first tooth becomes loose, the latter should be extracted at once so as to make room for the permanent one. After the permanent teeth come through, they must also be cleaned twice a day, and they should be frequently examined to ascertain if any of them are decaying, and, if so, the tooth should saved by filling it early.

CLOTHING.— Children should be well protected by warm and comfortable clothing, but care should be taken not to dress them too warm during the summer months. Fine woolen underclothing should be worn next the skin, and nothing should be worn at night that has been used during the day.

At the present time boys are dressed so as to afford both comfort and health, while all the errors and follies of dress have found a place in the dressing of girls and women.

The proper dress for girls should give as much freedom of action as boys enjoy, and therefore nothing should

be worn around the chest or waist that can make the slightest pressure. Corsets should never be used under any circumstances, the skirts should not be fastened around the waist, and the legs should be well protected. Instead of the corset, girls should wear a snugly fitting waist, without bones, such as is commonly called a corset cover. Buttons should be sewed on this waist at proper distances, to which the skirts can be fastened, and thus the weight of their support is taken from the waist and abdomen, and distributed evenly over the shoulders.

Thick-soled boots and worsted leggings, extending from the top of the boot to the upper part of the thigh, should be worn to protect the lower extremities in cold weather.

This mode of dress protects from cold, does not cause deformities of the chest and displacement of the important organs, and gives perfect freedom of motion, while it in no way detracts from the personal appearance. It allows for a natural development of the heart, lungs and uterus, and prevents displacements of the stomach, liver, intestines and ovaries, which always result from constricted waists and chests.

When these errors of dress are corrected, and our girls have the same chance of physical development as boys, perfect development will be followed by perfect function, and woman will be freed from many of the burdens forced upon her by the false usages of society.

SLEEP.— Children require a large amount of sleep, and under fourteen years of age they should have not less than ten hours. They should go to bed early, and rise early.

The child's bed and pillow should be of hair, and

feathers should never be used. It should sleep in a crib by itself, and, when there are two or more children, each should have a crib of its own. The sleeping-room should be well ventilated, but no draft should be allowed to blow on the child.

Until a child is five or six years old it should be encouraged to sleep a couple of hours during the day. This sleep rests an active child, and also favors its growth.

CHAPTER IX.

DISEASES OF BABYHOOD AND CHILDHOOD.

Disorders of Infancy — Congenital Deformities — Diarrhœa — Cholera Infantum — Hydrocephalus — Convulsions — Croup — Diphtheria — Eruptive Fevers — St. Vitus' Dance — Sore Eyes — Ear-ache and Discharges from the Ears — Infantile Leucorrhœa — Phymosis and Paraphymosis — Scald Head — Itch — Head Lice — Worms — Weak Spines and Spinal Deformities.

MANY of the diseases of childhood do not differ from those of the adult, and the reader is referred to general works on "Family Medicine" for descriptions of them. I have only space here for a brief mention of a few of the most common disorders of early life, which require prompt treatment and careful nursing.

Those who undertake the care of children, should understand that the pulse and respiration are much more rapid in childhood than in adult life. At birth the pulse beats at the rate of 120 to 150 pulsations to the minute, and the respiration varies from 40 to 60; from the first to the fifth month, the pulse is, as a rule, 120, and the respirations 40 per minute; during the first year, the pulse varies from 105 to 120, and the respirations from 30 to 40, and for several years they range a little below these figures. Even at puberty, the pulse is above 75, and the respirations above 20; while after maturity, the normal pulse may average from 70 to 75, while the respirations range between 16 and 18 per minute. It sometimes happens, however, that the pulse may be unusually slow, in which

case the general condition of the patient must be considered.

DISORDERS OF INFANCY.

Of the simple disorders of infancy which demand the attention of the mother the most common are flatulence, colic, hiccough, thrush, sprue and constipation.

FLATULENCE.—Flatulence is simply an accumulation of wind in the stomach and bowels, and is not a disease of itself, but only a sympton of indigestion. When present, the child is restless and uneasy, the stomach and abdomen seem distended, and the wind is belched from the stomach or passed by the anus.

Treatment.— To correct the difficulty, proper attention should be paid to feeding the child. It should not be allowed to distend the stomach by overfeeding, the diet of the mother should be regulated if the child is nursing and the mother's milk continues to distress the child, *Carnrick's soluble food* should be substituted for the mother's milk. To correct the fermentation that produces the gas or wind, three or four grains of *bicarbonate of potash* dissolved in water should be given three or four times a day. To give tone to the stomach use the following: Tincture of nux vomica, 10 drops; water, 4 ounces. Mix, and give one teaspoonful every three hours. If the tongue is coated or the bowels constipated, the following will be found serviceable: Podophyllin, 1 grain; sugar of milk, 10 grains. Mix, and divide into twenty powders, of which one should be given about four times a day.

COLIC.—Colic is properly a neuralgia of the intestines, though the term is applied to all spasmodic pains of the stomach and bowels in infants. It is divided into

wind colic and bilious colic; the first mentioned being the form from which infants suffer so much during the first three or four months of life.

Wind colic is only a symptom of indigestion, and the pain is caused by the pressure upon the nerves of the intestines by the distention of the bowels with wind.

A child suffering from colic draws up its legs and screams violently, the abdomen is distended and hard, the bowels are usually constipated, and, as a rule, pressure on the abdomen relieves the pain. In cases where pressure increases the pain, the tongue will be coated, the child is continually cross, the extremities are cold, and nausea and vomiting frequently occur. The matter vomited consists of the undigested contents of the stomach mixed with bile, and for this reason the condition is called bilious colic.

Treatment. — For temporary relief, five or ten drops of *essence of aniseed* may be given in about one ounce of sweetened catnip tea. To overcome the trouble, there is nothing better than a teaspoonful of castor oil. As soon as the oil moves the bowels, the treatment recommended above for flatulence will be certain to overcome the conditions that produce the colic. Opiates and soothing sirups should never be given, as they will only injure the system without curing the trouble.

HICCOUGH.— Hiccough is too well known to require description. The peculiar noise is produced by intermittent contractions of the diaphragm and the larynx. It frequently attends diseases of the liver and other organs, but in young children is most generally a symptom of indigestion. As a rule, it is of short duration, and passes off without any attempt at treatment. At times, however,

it is quite persistent and becomes a source of annoyance.

Treatment.— A dash of cold water in the face will frequently stop a paroxysm of hiccough for the time being. A teaspoonful of cold water to drink will also do the same. A change of position of the child is also desirable, and often the hiccough will cease as soon as the child is laid on its abdomen across the knees of the nurse. The treatment recommended for flatulence must be followed to correct the indigestion if this symptom recurs frequently.

CONSTIPATION.—Constipation is one of the most annoying conditions of infancy, as no child can be comfortable without having regular motions of its bowels.

Treatment.— When symptoms of indigestion are present, that condition must be corrected. If the child nurses, the mother must regulate her diet, and take such mild medicines as will keep her bowels regular. If a child under six months old does not have the bowels moved twice a day, something must be done to aid it. Rubbing the abdomen with gentle pressure is always beneficial; and if the constipation is not habitual, an injection of about two ounces of tepid water into the rectum with a very small-pointed syringe, will secure a good motion. The *compound sirup of rhubarb and potash* in teaspoonful doses every half-hour till the bowels move, not only overcomes the constipation, but corrects any acid condition of the stomach. If the tongue is coated, and the skin and eyes sallow, *podophyllin* is the best remedy. It is best given in the following combination: Podophyllin, 1 grain; powdered nux vomica, 1 grain; sugar of milk, 10 grains. Mix, divide into twelve powders, and give one powder three or four times a day

till the desired effect is produced. To give tone to the stomach and bowels, add ten drops of *tincture* of nux vomica to one-half a goblet of water, and of this, give a teaspoonful every one or two hours. An occasional dose of castor oil may sometimes do good, but, if given often, it tends to make the constipation worse after its action has once been produced.

THRUSH AND SPRUE.—Thrush is a term applied to an inflammation of the mucous membrane of the mouth in infants. It is characterized by the appearance of small round or oval patches, of a grayish or yellowish white color, on the inside of the cheeks and lips, and on the roof of the mouth and palate. After two or three days the grayish mass is thrown off, leaving a raw or ulcerated surface underneath, which takes several days to heal. The pain is often severe, there is marked fever present, and digestion is impaired. In fact, the condition is only present when the stomach and bowels are disordered and in feeble and delicate children.

In some cases air germs, or parasites, are deposited on the inflamed surfaces, and form whitish, curd-like masses on the tongue, cheeks, lips and palate. When these masses are detached they are usually swallowed, and thus the disease extends along the entire alimentary canal. Now diarrhœa sets in, and the curd-like masses are seen in the passages, and the verge of the anus presents the same condition as the mouth. No doubt the entire canal is affected the same way. This form of the disease is commonly called *sprue*.

Treatment.— When care is taken to clean the child's mouth every day, there is little danger of inflammation developing. When it does, the mouth should be thor-

oughly cleansed at least twice a day with a carbolic acid wash, made by adding twenty drops of carbolic acid to a gobletful of water. Then the sore parts can be gently bathed with a mixture of borax and honey, made by mixing a dram of powdered borax with a teacupful of strained honey. If the stomach is out of order, that must be corrected as heretofore directed. This is all the treatment required for a simple case of *thrush*.

If the *sprue* has developed, the alimentary canal should first be cleansed with a teaspoonful of castor oil. If this does not move the bowels in two hours the dose should be repeated. Then one drop of carbolic acid in a little glycerine and water should be given internally, and repeated three or four times a day. All food should be withheld for at least twenty-four hours, and instead the child should drink freely of hot catnip tea, to each ounce of which should be added about five grains of *chlorate of potash* and five drops of *fluid hydrastis*. The anus should be washed with the carbolic wash above mentioned. Should the child be feeble and sickly, and this treatment fail to give relief, a physician should be consulted.

CONGENITAL DEFORMITIES.

Children are frequently born with some kind of deformity, such as hare-lip, cleft palate, redundant fingers or toes, club-feet, adhesion of the eyelids, and red marks on the face, and parents, sometimes through ignorance and sometimes through the advice of physicians who have had no experience with such cases, often allow them to remain for years before any attempt is made to correct them.

Whenever any of these deformities are recognized at birth, an experienced surgeon should be consulted without delay, and his advice followed.

As a rule, cleft palate and hare-lip can be most successfully operated on at the age of four or five years; redundant fingers and toes should be removed after a few months; all deformities of the feet should be corrected before the child begins to walk; adhesions of the eyelids should be corrected immediately after birth, and moles and discolorations of the skin should be removed, if possible, before the blood-vessels become enlarged.

All of these deformities can be overcome by proper treatment, but parents should be careful not to trust such cases with inexperienced physicians. They belong to the domain of surgery, and no absurd prejudice against the use of the knife should deter them from making the attempt to have such deformities corrected in their children.

DIARRHŒA.

Diarrhœa is of frequent occurrence with children of all ages. It may be so slight as to constitute a simple looseness of the bowels for a day, or so severe as to seriously prostrate the child in a few hours. It often results from cold, but derangement of digestion is by far the most common cause. The ordinary diarrhœa of childhood is almost invariably due to some error of diet, in which a mechanical irritation is produced by some undigested food. During the first two years of life a simple diarrhœa often runs into a pronounced cholera infantum or summer complaint.

If an infant has more than three passages a day, or a child over three years has more than two passages; some attention should be given to the fact.

Treatment.— If we have any reason to believe that the child has eaten something that has not digested, a dose of castor oil is about the best thing that can be given. It removes the irritating mass, and allays the irritation already begun, and thus, as a rule, the trouble is at once overcome.

If the diarrhœa continues, and the passages are green and curdled, the *compound sirup of rhubarb and potash* should be given in half-teaspoonful doses three times a day to children under two years old, and to those over that age a teaspoonful can be given, and this should be continued till the character of the passages is changed. If the tongue is coated with a whitish fur, five grains of *bicarbonate of soda* should be given in a little water, and repeated every few hours till the apparance of the tongue changes, and, if the tongue is red, a drop of *dilute muriatic acid*, largely diluted in water, should be given every two hours.

If the child is weak, put ten drops of *tincture of nux vomica* into half a goblet of water, and give one teaspoonful from the goblet every hour.

If considerable pain and tenesmus are present, from five to fifteen drops of *paregoric* may be given, but it should not be repeated more than once or twice without the advice of a physician.

CHOLERA INFANTUM.

Cholera infantum, or summer complaint, is an acute inflammation of the stomach and intestines occurring in infancy. It usually begins with a loosening of the bowels, which, after several days, may be followed by vomiting, with more or less febrile excitement. In some cases the

infant is irritable, restless and feverish for several days before the diarrhœa sets in; while at other times vomiting and purging come on suddenly, without any premonitory symptoms. The stools soon become watery, though they often contain curds or particles of undigested food, and they present a greenish or greenish yellow color. Pain accompanies each action, and there is tenderness on pressure of the abdomen. Vomiting occurs with every attempt to take food; and, in a few hours, the eyes become sunken and partially closed, the face pallid, the skin hot and dry, the pulse rapid, the mind torpid, the body much wasted, and the child lies in a stupor.

This disease usually occurs about the time when people begin to feed infants with other than mother's milk, and may properly be considered as resulting from errors in infant feeding. The common practice of feeding infants potatoes, bread, rice and other starchy food, before the child's stomach and intestines are capable of digesting them, are among the most common causes of the disease; while bad ventilation, imperfect drainage, and the intense heat of crowded cities are prominent factors in its development. These conditions are often present during the teething period, and consequently many have come to look upon the disease as a necessary sequence of cutting teeth. This is a mistake, however, as the teething and cholera infantum are both incidental to the same period of life, and in fact have no other connection.

Treatment.— Attention to the diet and the hygienic conditions of the child are the first things to be looked to in the treatment of this disease. If the child is nursing, all other food should be withheld. If not, *Carnrick's Soluble Food*, and nothing else, should be used, especially during

the heated summer term. With this food, it is a rare thing to meet a case of cholera infantum.

The thirst may be allayed by putting small pieces of ice in the child's mouth from time to time; and bathing the surface of the body with a cold sponge-bath two or three times a day will diminish the fever, and prove extremely grateful to the child. Pure air is very essential, and must be secured by thorough ventilation. City children should, if possible, be removed to the country as soon as any symptoms of the disease show themselves, and this change often arrests the disease in its first stages.

In giving medicines the old chalk-mixtures and preparations of opium must be discarded. Instead, *aconite* and *ipecac*, given in small alternated doses, will prove of great benefit. For convenience, take two goblets, each containing eight tablespoonfuls of water. In one of these put six drops *tincture* of *aconite root*, and, in the other, ten drops of *tincture of ipecac*. Give a teaspoonful from one glass on the even hour, and fifteen minutes afterward a teaspoonful from the other, and continue giving them alternately with the fifteen-minutes intervals till the fever subsides and the nausea diminishes. Then extend the interval to half an hour. If the face is pale and the child generally prostrated, five drops of *tincture nux vomica* should be added to the *ipecac*. If there is marked irritation of the brain, with great heat in the back of the head, and a constant rolling of the head from side to side, ten drops of *tincture gelsemium* should be put into eight tablespoonfuls of water, and, of this, a teaspoonful should be given every half-hour till these symptoms are relieved.

Compound sirup of rhubarb and potash, given in teaspoonful doses every hour or two, in the early stage, will

ADA REHAN.

change the character of the passages, and cut short the disease.

If this treatment does not control the disorder, a physician should be called, but in none but the most extreme cases should opiates in any form be administered, and the physician who adheres to such practice is not to be trusted.

HYDROCEPHALUS.

Hydrocephalus, commonly called water on the brain, is a name applied to inflammation of the membranes of the brain in infancy and early childhood, which is characterized by a watery effusion which separates the bones of the skull and gives the head an abnormal and enlarged appearance. It is sometimes developed as a sequence of cholera infantum, but often shows itself as an independent disorder. When a child lives through the disease, the head remains unusually large and deformed.

When such a condition shows itself a physician should always be sent for at once.

CONVULSIONS.

Convulsions are frequently met with during all periods of infancy and childhood, and some forms occur in all periods of life. They are due to structural lesions of the brain and spinal cord, or to the irritation of some organ or part of the body, which is carried to the spinal cord by connecting spinal nerves. Irritation of the stomach and bowels from any cause, inflammation of internal organs, and diseases and injuries of the surfaces of the body, may give rise to convulsions.

Treatment.— In most cases of convulsions a hot foot-bath, and clothes wrung out of hot mustard-water, should

be used, and a physician sent for at once. If the child has teeth, something soft should be placed between them, to prevent biting the tongue and cheeks. The physician should be given a full account of the actions and diet of the child, so as to be able to determine the cause of the convulsions. This is necessary to enable him to decide on the proper treatment to adopt.

CROUP.

Croup is so well known to mothers as to require no special description. It is an inflammation of the mucous membrane of the larynx, which is accompanied by a peculiar hoarse, spasmodic cough, which can never be mistaken after it is once heard.

There are three forms of the disease, called, respectively, *mucous*, *membranous* and *spasmodic* croup.

Mucous croup is the common form of the disease which comes on suddenly during the night, and which recurs frequently in croupy children. It sometimes assumes a spasmodic form, in which a paroxysm comes on suddenly, lasts for a few minutes, and then stops for a time, but, after an intermission of variable duration, again recurs. These paroxysms may continue to recur for several hours, and then disappear. Membranous crop is happily rare, for it is a very serious disease. A dense membrane forms in the larynx, which soon completely stops the passage of air into the lungs, and death must result.

Treatment.—The first attack of croup should never be neglected. No one can tell how serious it may prove, and for that reason a physician should be sent for as soon as the peculiar cough and breathing are recognized.

Children who are subject to croup can always be greatly relieved by the following, which should be kept in the house for use as soon as the first symptom shows itself: Tincture aconite root, 5 drops; sirup lobelia and simple sirup, of each, 2 ounces; mix, and give from one-half to one teaspoonful every fifteen or twenty minutes till nausea or even vomiting is produced. A child between two and three years of age should take half a teaspoonful, while a teaspoonful should be given to one over three. Inhalation of the steam of hot vinegar will also give relief in a few minutes in many cases. Great benefit is also derived from rubbing the throat well, three or four times a day, with the following liniment: oil of stillingia ½ ounce; oil of cajeput, 2 drams; oil of lobelia, 2 drams; alcohol, 3 ounces. This should be kept in the house for use as soon as the first croupy symptoms show themselves.

In cases of membranous croup, the physician often deems it advisable to perform the operation of tracheotomy, and, as this is often the only hope to save the life of the child, the parents should give their consent at once, as no time is to be lost in performing the operation.

DIPHTHERIA.

Diphtheria is a specific blood disease, which owes its origin to microbes, or disease germs. It is contagious, and often prevails as an extensive epidemic, though it is most frequently endemic in character, arising from imperfect sewerage and drainage.

For three or four days the patient is dull, languid and fretful; the appetite is impaired, and there is a great desire for drink. Then a feeling of chilliness, or a decided chill is felt, followed by headache, backache, and severe pain

in the muscles. These symptoms are followed by fever, which is well developed before any soreness of the throat is felt, which even then is not severe. An examination of the throat now shows inflamed patches, or it may even be covered with an ashen-gray exudation. This condition of the throat spreads rapidly, and sometimes fills up the air passages, like membranous croup, and causes death by strangulation. In other cases death results from exhaustion.

When severe pain is felt in the throat as the first symptom, the disease is some other form of ulceration, and not diphtheria, for in true diphtheria the exudation is present before any severe pain is developed.

Treatment.—As soon as the exudation is recognized, the throat should be thoroughly swabbed out with carbolic acid and glycerine, 10 drops of the former to an ounce of the latter. Then the raw surfaces should be touched with the end of a pine stick saturated in pure carbolic acid. This burns the surface of the ulcers, and destroys the microbes, and thus prevents the further spread of the disease. This application must be carefully made so as not to touch healthy parts with the acid.

To control the fever and help the elimination of the poison, the following should be given: Tincture veratrum Viride (*Norwood's*), 15 drops; water, 4 ounces. Mix, and give ½ teaspoonful every half-hour to children under three years of age, and a teaspoonful every half-hour to those over three. This should be continued until the skin becomes moist, or slight nausea is produced. The throat must be swabbed out at least twice a day with the carbolic acid and glycerine until it looks clean. This treatment will relieve the worst symptoms in a few days.

After the fever has subsided one drop of *tincture* of *nux vomica* may be given to a child under five years of age, every three hours, and from two to three drops to a child over five years. This gives tone to the nervous system after the prostration of the disease.

A physician should always direct the treatment of diphtheria, so as to be able to meet any complications that may arise.

ERUPTIVE FEVERS.

Eruptive fevers constitute a class of fevers caused by certain specific contagion, and attended with cutaneous eruptions. They are all contagious, and occur either as widespread epidemics or as endemics. It is claimed that one attack of these fevers gives immunity against a second. That this seems to be the rule we cannot but acknowledge, yet there are many exceptions to it, as people frequently have these diseases more than once. Of these fevers measles and scarlet fever are particularly diseases of childhood, while vaccination causes a fever which requires a passing notice.

MEASLES.—Measles is the most common of the eruptive fevers of childhood. It is contagious, and runs its course in about two weeks. It comes on a week or ten days after exposure, and a feeling of languor and depression is first felt for three or four days. This is followed by a chill and fever, with intense pain in the back and head. Redness and watering of the eyes and obstruction of the nose, or increased secretion of the nose with sneezing, are also common symptoms of the disease.

The eruption shows itself about the second or third day after the fever sets in, and first appears on the face, neck and breast, and finally on the trunk and extremities.

From one to three days are necessary for the eruption to fully appear, when it remains red for a couple of days, and then gradually disappears, and is entirely gone by the ninth day. The eruption is irregularly oval in shape, of red color, raised above the surrounding skin, and is rough to the feel. The fever subsides after the eruption is well out.

Treatment.— Little treatment is required in measles, as a rule. It is necessary to prevent the patients from taking cold, by keeping them in bed, and well covered. Hot drinks should be freely given to promote the coming out of the eruption, and a tepid sponge-bath should be given twice a day, and a foot-bath in the evening. If the fever is severe, the following should be given: *Tincture veratrum viride*, 10 drops; water, 4 ounces. Mix, and give a teaspoonful every hour till the skin becomes moist, or nausea is produced.

In severe forms of the disease, a physician must be called.

SCARLET FEVER.— Scarlet fever is an acute, infectious disease, which shows itself by a chill six or eight days after exposure. After the chill the skin is hot and dry, and the throat feels dry and burning. The eruption shows itself in from twelve to thirty-six hours after the fever begins, and first makes it appearance on the neck and upper part of the chest, and within a few hours it spreads over the entire body. The whole surface becomes of an intense scarlet color. The throat is generally inflamed and sore, and, in severe cases, the throat symptoms assume serious proportions.

Treatment. — The same general management as recommended for measles should be followed, but a physician should always be called to treat the case.

VACCINATION.—I only speak of vaccination here to condemn it. Though so universally practiced, the leading men of Europe and America are beginning to acknowledge that it never protected against small-pox, while it has brought death and suffering to thousands of innocent and helpless children. Parents should study this subject before subjecting their children to the old fetich of vaccination.*

SMALL-POX.—Small-pox rarely occurs except as an epidemic, and then children usually suffer terribly from its ravages. Strict isolation and proper hygienic conditions are the only scientific means of prevention, and the treatment must be intrusted to physicians and skilled nurses.

CHOREA, OR ST. VITUS' DANCE.

Chorea, or St. Vitus' dance, is essentially a disease of childhood, just prior to the age of puberty, which is marked by the loss of control over the voluntary muscles, and by irregular spasmodic muscular action. Disorders of digestion, diseases of the heart, intestinal worms, homesickness, and general debility from previous disease may give rise to it.

The most pronounced symptoms are continual and unconscious movement of the hands and feet, sudden jerking of the arms and legs, difficult and jerky breathing, swollen face, tenderness over the spine and irregular heart action; while in protracted cases irritability, loss of memory and mental dullness come on.

Treatment.— Entire freedom from excitement is the

* For information the reader is referred to "Vaccination—Its Fallacies and Evils," by Robert A. Gunn, M. D., New York; and Encyclopedia Britannica, ninth edition; article, "Vaccination."

first consideration in the treatment of this disorder. Absolute rest in bed in a darkened room should be insisted on for a time. Milk, beef tea, soft boiled eggs, clam broth and raw oysters should constitute the diet, and good ventilation should be secured. The bowels should be kept regular, as advised in the treatment of constipation, and, when the patient is pale and weak, the *elixir calisaya, iron and strychnine* should be given in teaspoonful doses after each meal.

To control the spasm, the following should be given: Tincture gelsemium, 2 drams; tincture of black cohosh, 4 drams; *Fowler's* solution of arsenic, 30 drops; water, enough to make 4 ounces. Mix, and give a teaspoonful every three or four hours. The *gelsemium* must be left out of this mixture as soon as the twitchings subside, and the other ingredients should be taken as before.

In some cases, of both boys and girls, an irritation of the genital organs gives rise to the disorder, and this should never be lost sight of in examining a case, as an operation may be required to cure such cases.

SORE EYES.

Sore eyes may come on a few days after birth, either from carelessness in not cleansing them, or from poisonous inoculation from the mother at birth. They may also develop at any time during infancy from catching cold or improper bathing. Scarlet fever, measles, and small-pox often leave children with sore eyes, and they are liable at any time to accidents that seriously injure the eyes.

No matter how slight an inflammation or trouble of the eyes in a child, it should never be neglected, as such troubles too often destroy the sight; nor should severe cases

be intrusted to the general practitioner. An oculist or some good surgeon should be consulted at the earliest possible moment, and the treatment should be regularly continued till the eyes are restored to their normal condition.

EAR-ACHE AND DISCHARGES FROM THE EARS.

Ear-ache frequently occurs among children of all ages, and it may be produced by a variety of causes. Cold, the irritation of teething, foreign substances in the ears, and the inflammation incident to measles and scarlet fever are among the most common causes. Even in young babes the restlessness of the child, the constant motion of the head and the disposition to rub the ear, clearly point to the ear as the seat of the pain.

Discharges from the ear frequently follow ear-ache, and, when present, they indicate that an abscess has formed and broke, or that a condition of ulceration of some of the structures of the ear has developed. In either case neglect to have the ears properly cared for without delay, often results in total deafness. This is particularly true in cases resulting as a sequence of scarlet fever, or measles.

Treatment.—As soon as a pain in the ear is recognized, the ear should be syringed with water that feels quite warm to the finger. This will remove any foreign body or accumulation of wax that may be lodged there, and the heat will ease the pain. A little bag of hot salt held against the ear will also prove serviceable. If these means fail to give relief, heat a little *laudanum* in a teaspoon, and, when it feels warm to the finger, drop fifteen or twenty drops into the ear, and then fill the orifice with absorbent cotton. If this still fails to give relief, a physician must be consulted.

In no case of discharge from the ear should a child be allowed to go without proper surgical treatment, and this should be continued till the ear is restored to its normal condition. Thousands of deaf mutes owe their affliction to neglect of disorders of the ear during infancy, in which the deafness results from a destruction of the mechanism of the ear by inflammation and ulceration that might have been prevented by skillful treatment.

INFANTILE LEUCORRHŒA.

Girls from one to twelve years of age frequently suffer from a slight discharge from the vulva, and sometimes the discharge is excessive and an active inflammation is present. It may result from neglect in properly cleaning the parts while bathing the child, exposure to cold, or from an acrid condition of the urine. It often occasions great suffering for a considerable time before it is discovered.

Treatment.— If the urine smells strong and the surrounding parts are chapped, two or three grains of *bicarbonate* of *potash* should be given in a little water three or four times a day. The parts should be thoroughly cleansed, and then bathed with a carbolic acid wash, of the strength of 20 drops of carbolic acid to a gobletful of tepid water. If the discharge comes from inside the vagina the following should be used: Fluid hydrastis, 1 dram; tepid water, 8 ounces. Mix, and inject gently into the vagina with a small-nozzled bulb syringe. The entire quantity should be used at once, and repeated two or three times a day.

PHIMOSIS AND PARAPHIMOSIS.

Male infants often suffer much annoyance from an unusually long prepuce or foreskin. When it cannot be

drawn back so as to expose the *glans penis*, or head of the penis, it frequently becomes the seat of inflammation, and the condition is called *phimosis*. In some cases it may be drawn back with difficulty, but cannot be drawn forward again. In this condition the parts become inflamed, and the head of the penis is constricted and becomes very painful. These conditions render the child uncomfortable and fretful, and sometimes gives rise to marasmus, or a general wasting of the body. The condition of phimosis often renders urination difficult, and makes the child very irritable and restless.

Treatment.—The prepuce should be examined by the physician soon after birth, and, if the child has any trouble in making water, the nurse should be instructed how to draw the foreskin back so as to cleanse the *glans penis*. If this can't be done, and any signs of inflammation are present, it is always advisable to perform the operation of circumcision. This not only relieves the child, but saves him much trouble in after life.

SCALD-HEAD.

Scald-head is a disease of the scalp caused by the presence of parasites. It is contagious, and is often communicated from one child to another in school. It develops a pale yellow crust which forms in patches or may extend over the entire scalp. It is usually due to the lack of proper cleansing of the scalp, but most frequently attacks puny and delicate children.

Treatment.—The first thing to be done is to cut the hair as close as possible. Then a lage *flaxseed meal* poultice should be applied, as hot as can be borne, over the entire scalp, and removed every hour or two till the

crusts are all loosened. They should then be carefully removed, and the following ointment should be applied to the raw surfaces: Salicylic acid, 10 grains; vaseline, 1 ounce. Mix, and apply to the scalp two or three times a day. The scalp should be washed every night and morning with twenty drops of carbolic acid dissolved in a goblet of tepid water. If the scales begin to form again the poultice should be again used.

In feeble children ten drops of *dialyzed iron* should be given in a mouthful of water three or four times a day.

SCABIES, OR ITCH.

Itch is a parasitic disease, which usually makes its appearance between the fingers and on the wrists, in the form of little blisters containing a clear fluid. Intense itching is always present, and scratching always aggravates this symptom. The disease is often communicated from one child to another in school and at play.

Treatment. — The object of treatment in this disease is to destroy the parasite. This is best done with 95 per cent. carbolic acid in the following manner: Take the plain end of a match, or any small piece of pine, and saturate it in pure carbolic acid. Then break the blister and press the end of the match into the center of the blister. By repeating this with each blister the parasite will certainly be destroyed. After this, the following will almost invariably effect a cure: Acid salicylic, 20 grains; vaseline, 1 ounce. Mix, and apply two or three times a day.

HEAD LICE.

Head lice are commonly found in the heads of children while attending school, no matter how much care is taken with the child at home.

Treatment.—The lice should be removed as thoroughly as possible with a fine-toothed comb, and then the head bathed with an infusion of *larkspur seeds*. To make this infusion take one ounce of powdered larkspur seeds, and pour on it a pint of boiling water. Cover the vessel in which it is made, and allow it to stand till it becomes tepid. If the hair and scalp are once thoroughly washed with this preparation, a single treatment is all that is necessary to destroy the lice. In some cases it may be necessary to repeat the treatment two or three times.

WORMS.

Various kinds of parasites are found in the intestinal canal, but the most common among children are the round or stomach worms, and thread or pin worms. A child who has stomach worms has a ravenous appetite at one time, and has no desire for food at another; the abdomen is distended; colicky pains are felt about the navel; there is an itching of the nose and anus; sleep is disturbed by unpleasant dreams and grinding of the teeth; the breath has a peculiar fetid odor; diarrhœa is often present with mucus and blood mixed with the stool; the face is drawn, dark lines appear under the eyes, and the child becomes greatly emaciated in spite of a usually good appetite. Sometimes an examination of the stool will lead to finding that worms have been passed.

Pin-worms are small, not being more than from a quarter to half an inch in length. They are usually located in the rectum and in the folds at the verge of the anus. There is a severe itching and pain of the rectum and around the anus, which is usually followed by tenesmus, or spasmodic action of the muscles of the

rectum. The bowels are relaxed, and the stool fetid, and a careful examination will result in finding these worms around the verge of the anus. In girls they often crawl into the vagina, and gave rise to leucorrhœa.

Treatment. — The child should fast for about twelve hours, and then the following should be given: Santonine, 5 grains; powdered sugar, 1 teaspoonful. Rub together thoroughly, and give the entire quantity at bedtime, after fasting. A full dose of castor oil should be given the next morning before breakfast, and usually the worms are expelled as soon as the oil operates. If not, the dose may be repeated several days in succession.

For pin-worms, in addition to the above, 15 drops of carbolic acid should be added to a goblet of tepid water, and the whole quantity injected into the rectum after the oil has acted, and the parts adjacent to the anus should be bathed with the same carbolic wash.

WEAK SPINES AND SPINAL DEFORMITIES.

Children who lack physical development often have a feeling of weakness of the muscles of the back, and a desire for support, which soon results in the habit of sinking down while sitting, so as to cause a roundness of the back or leaning to one side. Children who sit sideways at school with one arm resting on the slanting desk, also develop a tendency to weak spines and curvatures. If these conditions continue, serious deformity must develop, and thus impair the health, as well as make the sufferer an object of pity through his deformities.

Spinal deformities may be either in the form of lateral curvature or posterior curvature. The first is caused by weak spines and assuming unnatural positions

during the development of the bones and muscles; while the last is caused by direct local injury, or a bad condition of the system.

As soon as the slightest deformity is recognized, or if a child shows a desire to support the head with his hands, or catches the articles of furniture to lean on, and thus relieve the pressure on the spine, a surgeon who has had experience in such cases should be consulted. The Plaster-of-Paris jacket is the only method of treatment that can be relied upon in such cases, and the sooner it is applied the better it will be. The treatment usually extends over a period of years, but, in the end, the deformity is entirely cured.

CHAPTER X.

DISEASES OF WOMEN.

Diseases of the Vulva and Vagina — Inflammation and Ulceration of the Womb — Leucorrhœa — Displacements of the Womb — Tumors of the Womb — Diseases of the Ovaries — Cancer — Hysteria.

THE structural and functional differences of the sexes render each liable to special diseases, which require to be separately considered. Those peculiar to women have received a large share of attention, and much injury has been done by ignorant physicians undertaking to treat female diseases. It is, therefore, very important, that women should make themselves sufficiently familiar with the symptoms of the various diseases to which they are specially liable, to enable them to know something of their own condition and the treatment necessary for their relief. This knowledge would often save them from the imposition and ignorance of self-styled specialists, and always enable them to avert the evil consequences that are sure to follow neglect of proper treatment at the outset of the trouble. As but few of these diseases can be treated at home, I shall only consider each subject in brief, and point out such leading facts and symptoms, as will prove of the greatest benefit to the women of every household.

In studying these subjects the reader will find it a great advantage to refer to Chapter I., when at a loss to understand the exact nature and location of the disease under discussion.

A STUDY.

The vulva, or external organs of generation, may be the seat of inflammation, tumors and deformities of various kinds; while the vagina, or canal leading to the womb, may be similarly affected. The most common of these disorders are inflammation, ulceration, abscess and tumors of the vulva; occlusion of the vulva; tumors of the urinary passage; hypertrophied clitoris; and itching of the vulva; inflammation, ulceration and occlusion of the vagina; and vaginismus.

INFLAMMATION OF THE VULVA. — The female external generative organs are liable to inflammation the same as any other part of the body. It may result from cold, or from inflammation of the vagina extending outward to the vulva. The parts are hot, painful and swollen, and sometimes there may be a discharge from the mucous surfaces.

When the inflammation is severe, sometimes the mucous membrane is destroyed, thus leaving a small raw sore, which often spreads rapidly and eats into the underlying tissue. This condition is called an ulcer, and is always a sequence of inflammation. Sometimes there is a deep-seated, beating, throbbing pain on the lips of the vulva, which continues for a few days. An examination will show a hard lump at the seat of the pain, which gradually softens, and finally comes to the surface, breaks and discharges matter or pus. This condition is another sequence of inflammation, and is called an abscess.

Treatment. — In ordinary inflammation hot applications should be made to the part, a bag of hops wrung out of hot water being the best, and the surface should be freely bathed with the following wash: Fluid hydrastis, ½ ounce; laudanum, ½ ounce; hot water, 1 pint. Mix, and apply to the part every hour or two.

If there is an ulcer present, it should be dried with a piece of absorbent cotton, and touched with a small piece of pine stick saturated in pure carbolic acid. As soon as the surface touched turns white, apply the cotton again to prevent the acid from spreading. Then apply the following ointment: Salicylic acid, 10 grains; vaseline, 1 ounce. Mix, and apply to the sore two or three times a day. A piece of absorbent cotton should be applied over the ointment, and the patient should keep the recumbent position till the ulcer heals. If there is any reason to suspect a venereal ulcer, a physician should be consulted.

In case of the deep-seated throbbing pain being felt, a physician should be called at once, and he should be allowed to open into the hard lump with a knife. This stops the pain and aborts the abscess, thus saving much suffering and destruction of tissue.

TUMORS OF THE VULVA.—Small tumors are often discovered on either side of the orifice of the vulva, imbedded in the greater lips. They may be simple and occasion no inconvenience, or they may be attended with pain, and obstruct the entrance to the vagina. In any case, when such tumors are discovered, a surgeon should be consulted, and the tumor should be removed, for we can never know how soon it may occasion serious trouble.

OCCLUSION OF THE VULVA.—Sometimes the edges of the vulva are grown together at birth, so as to completely occlude the opening into the vagina. This should be rectified at once by the attending physician. Sometimes, however, the closure is only partial, and may escape notice till puberty, even till marriage, when it is found that the marital act cannot be accomplished.

When such a condition is discovered, a competent

surgeon should be consulted at once, as it can be fully corrected by the proper operation.

TUMORS OF THE URINARY PASSAGE. — The orifice of the vagina is sometimes very sensitive to the touch, and there is a frequent desire to urinate, with severe pain attending the passage of the urine. These symptoms indicate an irritation of the orifice of the urethra, and a careful examination will reveal the presence of one or more little growths in the meatus, commonly called caruncles.

When these growths are present no treatment but their removal will afford the slightest relief, and this should be done as soon as possible, to prevent an inflammation extending along the urethra into the bladder.

HYPERTROPHIED CLITORIS. — The clitoris in some women is extremely long, and is liable to erections similar to those of the male organ. This condition sometimes gives rise to the idea of double sex. When a source of annoyance a surgeon should be consulted.

ITCHING OF THE VULVA. — An intolerable itching is experienced around the external organs of generation, sometimes as a result of disease of the vagina, womb, rectum or bladder, and sometimes during pregnancy. The itching is increased by warmth, and by the use of stimulants, and is often worse at night than any other time. Sometimes there is no local evidence of irritation, while, again, little pimples or a redness of the skin may be seen.

Treatment. — Frequent bathing of the part with a strong borax water is always desirable, but the condition of the surrounding organs must be looked to to effect a cure of the trouble. A solution of a teaspoonful of car-

bolic acid to half a pint of water, used as a wash five or six times a day, will always afford relief till the conditions causing it can be reached.

INFLAMMATION OF THE VAGINA.— Inflammation of the vagina may be brought on by exposure to cold, injury from the use of improper pessaries, the use of astringent or cold injections to prevent conception, lack of cleanliness, childbirth, sexual abuse and specific venereal poison.

The symptoms are itching in the vagina, followed by great heat and burning, a frequent desire to urinate, with a sensation of scalding when the urine is passed, an aching and dragging of the vagina and around the anus, pain in the pelvis and lower part of the back, a free discharge of yellowish matter, and excoriation of the external parts from contact with the acrid discharges.

Treatment.—The patient should keep in bed, and apply hot fomentations of hops on the vulva and lower part of the abdomen, and change them as soon as they begin to cool. A quart of hot water should be used with a fountain syringe to wash out the bladder every three hours, and, if the pain is severe, an ounce of *laudanum* may be mixed with the water each time. The patient should be kept on her back in the recumbent posture, and a bed-pan used. When the acute symptons have subsided, the following will be found of great service: Acetate of lead and sulphate of zinc, of each, 3 drams; tincture of catechu and laudanum, of each, 1 ounce; water, enough to make 6 ounces. Mix, shake well before using, and put two teaspoonfuls into half a pint of tepid water, and use as an injection. Repeat the injection three or four times a day.

If the patient is irritable, and suffering much pain,

five drops of the *tincture of gelsemium* may be given every half-hour till relieved, but only six or eight doses should be given at the half-hour intervals. The bowels should be kept regular by taking one *compound podophyllin pill* at bed-time, as required. Sometimes an ounce of *castor oil* will answer better.

If there is any reason to suspect that the inflammation is caused by a specific poison communicated by the male, a physician should be consulted.

ULCERATION OF THE VAGINA.— Sometimes an inflammation of the vagina results in the formation of one or more ulcers or sores, which have a great tendency to spread, and occasion much suffering. In such cases treatment directly to the ulcerated surface is necessary, and this can only be done by the physician.

OCCLUSION OF THE VAGINA. — The vagina is sometimes found with a band or partition stretching across the entrance or along its canal, with only a small opening through it. This is rarely discovered till after marriage, and then it is supposed that the woman has some defect that cannot be corrected. This is a great mistake. When such a condition is discovered, a surgeon can almost invariably remedy it by an operation.

VAGINISMUS. —The term vaginismus is the name given to a painful contraction of the vagina, which renders coitus impossible. It is associated with a thickening of the hymen, and the contraction is due to the extreme sensitiveness of the hymen and the membrane lining the vulva. It is rarely discovered till after marriage, and then it often leads to great unhappiness, and often to separation.

An operation will completely relieve the trouble, and secure a natural accomplishment of the marital relation.

INFLAMMATION AND ULCERATION OF THE WOMB.

The several tissues of the womb are liable to inflammation, and the sequences resulting therefrom. We may have congestion or inflammation of the neck of the womb, or ulceration of the neck. The inflammation may extend inside the neck, and into the cavity of the womb, and, if treatment is neglected, it usually assumes a chronic form, which is much harder to cure than the acute.

The patient has more or less pain, with a dragging or bearing-down sensation in the region of the womb; pain in the small of the back and the very end of the spine, which often extends down through the hips and thighs; severe headaches, especially on top of the head, are also common; and there is always more or less discharge from the vagina.

These symptoms clearly indicate some disease of the womb, and no time should be lost in consulting a physician for examination and treatment.

LEUCORRHŒA.

Leucorrhœa, which means a "white flow," is the term generally applied to all whitish or yellowish discharges escaping from the vagina. It is popularly called "the whites." It is only a symptom of some disease of the vagina or womb, and as such should direct attention to the necessity of resorting to proper treatment. Even when no other symptom is present, it indicates a chronic inflammation that should not be neglected.

Treatment.— To control the discharge a pint of tepid water, in which is dissolved an even teaspoonful of *powdered borax* and a teaspoonful of *fluid hydrastis* should be used as an injection two or three times a day. If there is tenderness of the vagina or womb, a tablespoonful of

laudanum and 30 grains of *acetate of lead* should be added to the pint of tepid water, and used as an injection, and repeated three or four times a day.

Attention should be paid to securing a nutritious diet, long walks and standing long at a time should be avoided, and, if the patient is debilitated, as is usually the case, the *elixir of calisaya, iron and strychnine* should be taken in teaspoonful doses after each meal. This treatment, however, is only palliative. An examination should be made by a competent physician, and such local treatment as may be deemed necessary should be begun at once, and continued till a cure is effected.

DISPLACEMENTS OF THE WOMB.

The womb, when once affected by disease or injured during childbirth, is liable to a number of displacements, which become very annoying, and frequently result in permanent invalidism. When it falls down into the vagina, and is felt close to the orifice of the vulva, it is called prolapsus or falling of the womb; when the body falls forward against the bladder, it is called anteversion, and, when the body is tilted backward against the rectum, it is called retroversion. It is sometimes bent forward on itself, a condition that is called anteflexion, and, when bent backward, it is called retroflexion.

All these conditions cause a dragging sensation and weight in the lower part of the abdomen, pain in the back and loins, irritation of the bladder and rectum, fatigue after slight exertions, and the presence of leucorrhœa, or whites. The patient can often put her finger into the vagina and feel the womb out of place.

These conditions usually render coitus painful or impossible, and prevent conception.

The treatment in these displacements must first be directed to relieving any chronic inflammation of the womb, and then to restoring its position and retaining it there.

The physician who has kept pace with the progress of his profession, will not use instruments that do harm, as used to be the case, but will use such as are constructed on scientific principles. You must have confidence in the physician you employ, and use any support he sees fit to apply. Delay in having these displacements corrected often leads to serious results.

TUMORS OF THE WOMB.

The womb is liable to be the seat of different varieties of tumors, which may sometimes be mistaken for pregnancy. The most common of these are the fibrous, or uterine fibroids, uterine polypus, and hydatid.

Uterine fibroids develop in the substance of the walls of the womb, or grow from the outside of the body, but those that grow in the walls are the most common. The menstrual periods become very profuse when a fibroid begins to form, the womb becomes very large, dense and hard, and its weight soon becomes a source of great annoyance.

The polypoid tumor grows inside the womb, and is usually attached by a small neck. It is also attended with profuse menstruation, sometimes with a regular hemorrhage, and with pains resembling labor-pains. These pains are caused by the efforts of nature to expel the tumor. The womb often attains an enormous size as these tumors develop.

The hydatid tumor is in the form of a cyst or sac, which contains other little cysts that contain a vesicular worm. It sometimes attains considerable size, and is frequently mistaken for pregnancy. Uterine contractions break the sac, and a large quantity of fluid containing the little cysts escapes.

The polypoid and hydatid tumors can be successfully removed by operation, but uterine fibroids, when operated on, most invariably prove fatal. These latter decrease in size after the "change of life," and are often greatly benefited by the continuous current of electricity, or galvanism. No woman should submit to an operation for the removal of a uterine fibroid without considering that ninety-nine chances in a hundred are against her recovery.

DISEASES OF THE OVARIES.

The ovaries are liable to inflammation and various kinds of enlargements, that interfere with the natural appearance of the menstrual flow.

INFLAMMATION OF THE OVARIES.— Inflammation of the ovaries may result from cold, may follow confinement or miscarriage, or may be caused by inflammation of the womb or peritoneum. The symptoms are tenderness and pain just above the groin, tenderness on pressure at the same point, a burning sensation of heat, scanty or absent menstruation, with great pain at the time the menses should appear, and more or less febrile disturbance with local increase of heat.

Treatment.—The immediate attention of the physician is requisite, to give the necessary remedies to afford relief. There are different conditions which require different treatment, and this fact should be early recognized.

In extreme cases the ovaries may be removed, but this operation should only be consented to as a last resort, and then only after careful consideration, and a full understanding of its dangers.

OVARIAN TUMORS. — As a rule, little is known as to the cause of ovarian tumors. They differ in character and size. Usually they attain enormous size, and after a time become dangerous to life from their pressure on vital organs. When they begin to develop rapidly they seriously endanger life in a few months, and the longer they remain the more difficult is the operation for their removal.

Modern surgery has made it possible to operate on these tumors, and to be successful in 90 per cent. of the cases. It is wise, however, to have the operation performed as early as possible after a correct diagnosis has been arrived at. The surgeon who operates, should follow the treatment of the case throughout, instead of leaving it to his assistants, as is too often the case in large institutions.

CANCER.

Malignant tumors, commonly called cancers, constitute one of the most distressing afflictions known to science, and more erroneous ideas prevail concerning them than about any other disorder.

Cancer, when left to itself, is certain to terminate fatally in from six months to two years. So-called cancers that people are said to have suffered from for years are not cancers, but some other form of tumor which may have latterly assumed a cancerous condition. They occur in some form at all stages of life and in every organ of the body, but in women they most frequently appear in the

breast and in the womb. Any permanent lump in the breast should be regarded with suspicion, and, when a darting, shooting pain is felt, and there appears the slightest retraction of the nipple, it is certain that a cancer is developing. When the womb remains tender and sore, when it is hard to the touch, or has a cauliflower appearance, or bleeds whenever it is slightly touched, and when there is a very fetid discharge, a cancer of the womb may be safely diagnosed.

It is a great mistake to put off consulting a surgeon about a suspected cancer. It should be done at once, and the safest treatment is an early and free extirpation with the surgeon's knife. The use of plasters and salves often hastens the fatal termination of a genuine cancer, while hundreds of simple tumors are "drawn out" and advertised as cancers.

I have operated on a large number of cases, and I have always been successful when the operation was performed before the tissue broke down or became adherent to the surrounding parts.

The reason so many bad results have been reported after the use of the knife, is that the operations have not been performed till the system was thoroughly saturated with the poison, and the reason so many good results are claimed for the plasters is that the large majority of cases so treated are not cancers, but different forms of simple tumors. Let all cancers be removed early by the knife, and, if the operation is properly performed, they will rarely return.

HYSTERIA.

Hysteria, or hysterics, though classed with diseases of women, is a nervous disorder common to both sexes.

It is marked by extreme irritability and excitability of the nervous system, and often takes on convulsive paroxysms, or short attacks of acute mania. It is not of itself a disease, but a symptom which attends many forms of organic or functional disorders. An hysterical patient should not be looked upon with reproach, as is often the case, for they usually suffer more than any one has any idea of.

A person suffering from these paroxysms should at once place herself under the care of a physician, who will ascertain the cause of the trouble, and attempt to relieve that, instead of giving palliative remedies that simply quiet for the time being.

CHAPTER XI.

GENERAL HYGIENE.

Condition of Dwellings — Dress — Rest and Sleep — Hygiene of the Skin — Hygiene of the Digestive Organs — Hygiene of the Respiratory Organs — Hygiene of the Eye — Hygiene of the Ear — Hygiene of the Generative Organs.

It is necessary that we should live in conformity with the laws of nature if we expect to enjoy good health, or impart it to our offspring. In fact, diseases of all kinds are but so many protests against the violation of law, and, if the first warnings are heeded, much suffering and death may be avoided. To insure a healthy physical structure, and the performance of healthy functions, parents should carefully follow the advice given in the preceding chapters relative to the hygiene of infancy, childhood and maidenhood, as well as the directions for the care of women during pregnancy and parturition. But this is not all. It matters not how perfect the physical development may be, we cannot violate nature's law with impunity at any period of life.

Much of the ill health of women is due to preventable causes, and, if they would preserve their health and beauty and give birth to healthy children, they must conform to the general laws of hygiene, a synopsis of which is herein given.

CONDITION OF DWELLINGS.

The condition of dwellings has much to do with the health of the family, and every home should be provided

with proper sewerage and drainage, good ventilation and an abundant supply of sunlight.

When the location and construction of the house can be regulated, as is usually the case in country towns, the building should be surrounded by a plat of ground so that windows open directly into every room. As far as possible the sleeping-rooms and sitting-rooms, where women spend most of their time, should have a sunny exposure.

SEWERAGE AND DRAINAGE.—The disposal of the sewage is an important matter, which, as a rule, is better provided for in large cities than in country districts and villages. Waste-pipes and closets should be examined frequently, so as to be sure there is no leakage, which might otherwise escape notice till serious mischief is done.

In country districts where there is no regular system of sewerage, care is necessary to prevent the accumulation of sewage, the decomposition of which so often gives rise to disease. Earth-closets should be used instead of privies, and all sewage material should be collected in metal tanks, and removed during the night and used for fertilizing purposes. It should, however, be covered at once with a layer of earth. Open drains should be watched carefully, so as to prevent stagnation even of water in them.

AIR AND VENTILATION.—Fresh air is one of the essentials of health, for without it the blood cannot be properly oxidized, and hence perfect nutrition becomes impossible. The evil effects of breathing vitiated air are too well known to require mention here, and it is only necessary to urge the importance of securing proper ventilation for living-rooms and places of public resort.

The proper heating of houses constitutes an important part of ventilation, and the most perfect heating apparatus is that which carries pure heated air into the room. A hot-air furnace should always have an air shaft from outdoors to carry pure fresh air to the furnace, but the registers through which the hot air enters the rooms should be above the heads of the occupants, instead of being on or near the floor, as is the usual custom. The reason for this is plain when it is remembered that the carbonic acid gas, which is the principal impurity in the air of rooms where people congregate, sinks to the floor at ordinary temperature, and expands and rises to the ceiling when heated. Now, with proper ventilators on a level with the floor and close to the ceiling, the current of hot air, entering midway between these points, forces the impure air out of both these openings. When the heat is supplied by stoves or heaters, the air is heated by radiation, and a supply of fresh air from without must be furnished so as to keep the air circulating and force out the impure air. When an open fire-place is made large enough to throw off sufficient heat for warming the room, it is the best method of heating and ventilating that can be employed. While the heat is radiating from the fire, the draft draws the impure air up the chimney, and creates a vacuum for fresh air, thus keeping the air in continuous circulation.

The doors and windows of ordinary dwellings afford sufficient means for ventilation. Impure air is carried out under the doors, while the frequent opening of the outer doors admits fresh air. The lowering of the upper sash of the window also aids the proper ventilation.

Sleeping-rooms should always be well ventilated. Before retiring the upper sash of the window should be

lowered a few inches, and the door left slighly ajar. The bed should be so situated that the current of air passing between the window and the door cannot pass over it. This is of great importance, for much of the ill health of both man and woman comes from breething vitiated air in a close room during sleep.

Electric lights should be adopted in all public halls, as they do not consume the oxygen, and, when these cannot be had, the lights should burn in adjoining rooms, and be transmitted through plates of glass.

DRESS.

The errors of dress have been previously spoken of, and are again mentioned here to impress upon the reader that women have as much need to dress hygienically as girls and maidens. A stiff corset, even if not tightly laced, constricts the ribs, and thus interferes with natural breathing, and at the same time keeps up a constant pressure on the liver and stomach, which cannot but do harm. A snugly fitted waist, without steels or bones, will insure a more natural shape than any corset can, and the women who adopt this method of dress will soon observe a feeling of ease and comfort they had not before known. All skirts should be loose around the waist, and supported by shoulder straps from the shoulders.

The custom, still adhered to by so many, of wearing long skirts on the street, cannot be too strongly condemned. In wet weather the ankles and legs are kept wet with slush and water, and thus serious colds are frequently developed. Street dresses should not come below the ankles, and even in the house, long skirts unnecessarily drag on a woman's hips and abdomen, and, sooner or later, she must feel the bad effects of such torture.

RHEA.

We frequently hear women say that they wish they could dress as comfortably as men do. They could do so if they wished, and without in the least unsexing themselves, or making themselves appear less attractive than they are now.

Underclothing appropriate for the season of the year should always be worn, and changes from heavy to light or light to heavy underwear should not be made too soon, and, when once made for the season, they should not be changed with every slight change of temperature.

High-heeled boots, so universally worn by women, change the natural position of the body, and thus not unfrequently become the first cause of displacements of the womb. Heels should be low, and the soles thick enough to keep the feet well up from the walks. This protects the feet from damp, and also from becoming tender and sore after long walks. The shoe should be broad enough to prevent cramping the foot, and the sole should be broader than the upper. It is also best that shoes should be made to order, and thus prevent any undue pressure on any prominent part of the foot.

Women must remember that a distorted foot and a slender waist that is out of proportion to the rest of the body, are not looked upon as beautiful. A full, broad breast and still broader hips, with a slender waist, constitutes a hideous deformity, for which the owner must pay the penalty sooner or later. These defects can be corrected by a style of dress that does not necessitate any departure from the usual forms of the garments, and the body is developed in harmony with nature, so as to rival the models of the old masters in their symmetrical beauty.

REST AND SLEEP.

Proper rest and sleep are necessary to perfect health. All the wasted energies are restored, and body and mind equally prepared for renewed effort by the rest that comes with a tranquil sleep.

Women who desire to preserve their health should make it a rule to go to bed at a regular hour, and they should sleep, as a rule, eight hours. Those who retire early should arise early, while those who retire late should sleep in the morning to make up the eight hours. The point is to sleep enough to completely recuperate the exhausted energies of the system. If the sleep is broken by the care of children, it should be made up by an afternoon nap.

A short rest after a meal is always desirable, and especially after a hearty dinner.

A person should not go to bed hungry. A little food taken before resting, if desired, will carry the blood from the head to the stomach, and thus insure a good sleep. In cases of insomnia, a light meal at bed-time will insure sleep when everything else fails.

Tea and coffee, when taken at the evening meal, or before bed-time, produce sufficient brain stimulation in most persons to prevent sleep, and for that reason should not be taken at night. It is never wise to resort to any kind of stimulants or medicine to produce sleep, but, when anything of the kind seems necessary, a physician should be consulted.

A good supply of fresh air should always be admitted to the room during sleep, even in cold weather. The normal temperature of the body can be maintained by sufficient bedclothing in cold weather.

Young persons should not sleep with old people, nor healthy persons with those who are suffering from any form of disease. In fact, the general tone and vigor of the system is best maintained by sleeping alone, and this applies to husband and wife, as well as to any others.

HYGIENE OF THE SKIN.

The insensible perspiration constantly carries off from the skin a considerable amount of material that would be injurious to health if retained in the system. Under the influence of exertion and extreme heat a sensible perspiration is produced. This perspiration is an excretion from the sweat glands, while the sebaceous follicles secrete a substance that acts as natural oil for the hair and skin. Both these open into the pores on the surface of the skin. When the action of the skin is impaired, the lungs, intestines and kidneys are called upon to do extra work in carrying off the waste products of the body, and, if they fail to do so, disease must result. Then pimples and eruptions appear upon the skin that often cause great annoyance.

To prevent these conditions, the functions of the skin must be kept active by frequent bathing.

A tepid or cold bath should be taken every morning before dressing, but the water must never be so cold as to cause a shock. A warm bath should be taken at least once a week on retiring, and after either form of bath the skin should be freely rubbed with a coarse towel.

A Turkish bath, when available, is always a luxury, and it is sure to keep the skin soft and velvety; and, when there is any eruption on the skin, these should be taken regularly till it disappears.

Sea-bathing is also a great luxury to most people, and it frequently acts as a tonic to those who have been debilitated from any cause. If a delicate person feels chilly on going into the ocean, she should come out at once, and be thoroughly rubbed with a coarse towel till a reaction is produced. After one or two attempts she will usually be able to take a reasonably long bath. The following rules should be observed by sea bathers:

1st. Do not bathe for two or three hours after eating.

2d. Never go into the water while perspiring.

3d. Never go in bathing feeling cold.

4th. Always leave the water while you feel invigorated.

5th. Delicate persons should not bathe longer than five minutes.

6th. Fifteen or twenty minutes is long enough for any person to remain in the water.

7th. The body should be rubbed thoroughly with a coarse towel, as soon as leaving the water.

HYGIENE OF THE DIGESTIVE ORGANS.

Impaired digestion entails much suffering upon mankind, and, from their mode of life, women always seem to be the greatest sufferers from this cause.

Walking and other exercise in the open air will always aid digestion, and this should be insisted upon for all women. Those who have no work to do indoors will find the use of Indian clubs or dumb-bells of great advantage.

When there is the least tendency to constipation, it should be corrected. If this can be done by eating fruit, oatmeal, etc., and by proper exercise, it is best to take no

medicine. Violent cathartics should always be avoided, as they make the constipation worse. One drop of *tincture* of *nux vomica*, three or four times a day, will often regulate the bowels better than anything else. If these methods fail, a *compound podophyllin pill* should be taken every night till the bowels move more than once a day.

If the stomach and bowels are distended after eating, and there is a tendency to flatulence, all starches and sugars should be excluded from the diet. These would include potatoes, corn, rice, puddings and pastry, sweetmeats, beets, white bread, hominy, and even oat-meal, among the articles that should not be eaten; while those that can be eaten include all the meats, fish, oysters, eggs, milk, beans, peas, tomatoes, cauliflower, turnips, celery, lettuce and graham bread or gluten bread.

The same diet should be carefully followed by those who desire to reduce their flesh.

It is a great mistake to load the stomach when there is no feeling of hunger, and the practice of taking cake or tea at afternoon or evening receptions cannot fail to derange the stomach if persisted in.

If any article of food is known to disagree with a person, it should not be eaten.

Persons who are rheumatic will do well to avoid eating beef and mutton for a time.

Soup should always be taken in small quantities at the beginning of a meal, and wine should never be drank till after the soup. As little fluid as possible should be taken with a meal, and the food should always be thoroughly masticated before swallowing it.

Neither mental nor physical effort should be made for at least half an hour after a meal, as in either case the

blood is drawn from the stomach, and the digestion is arrested.

Light wines may be used at dinner with advantage. but strong alcoholic liquors, as brandy or whisky, should never be used within an hour before or after a meal, as the alcohol precipitates the pepsin from the gastric juice, and thus arrests digestion.

When the stomach is acid, it is always best to abstain entirely from eating for twenty-four hours, when as a rule, it will correct itself.

It is always better to stop eating before you feel that the stomach is full, than to continue till the stomach feels uncomfortably distended.

As soon as any disturbance of the stomach shows a tendency to continue, a physician should be called at once.

HYGIENE OF THE RESPIRATORY ORGANS.

An abundant supply of fresh air must always be had to keep the respiratory organs in a healthy condition. Exercise in the open air is always essential.

If the breathing is short and the chest flat, regular breathing exercises should be practiced several times a day. The lungs must be expanded to their fullest by taking long inhalations, holding the air in the lungs as long as possible, and then expiring slowly. It is also important to health to keep the mouth closed and breathe through the nose. This would prevent much of the catarrh and bronchitis so common in northern latitudes. The air, in its passage through the nose, is warmed, and all particles of dust and air germs are filtered out of it, thus protecting the throat, bronchial tubes and lungs from irritation that frequently causes disease.

When any symptoms of catarrh or bronchitis appear, they should be promptly treated by some good physician, before they become chronic; and it should be remembered that the summer season is the only time in which chronic inflammation of the air passages can be successfully treated.

HYGIENE OF THE EYE.

Diseases of the eye and impaired vision often result from ignorance or carelessness; while an inclination to avoid wearing glasses so strains the eyes as to injure not only the eyes themselves, but also to produce headache and a series of other nervous disorders.

While reading, the print should be held steady at the proper focal distance from the eyes. If this is not done, the eye is weakened by the constant effort to retain the focus. For this reason reading on cars should be avoided, as the constant jarring of the cars makes it impossible to retain the proper focus.

Whenever it is possible, the light should fall on the print or work from the back or side. When we face a strong light the pupils contract, and shut out part of the light. This renders vision less distinct, and the eyes are irritated and weakened by the strong light.

When particles of dust or cinders get into the eye, rubbing should be carefully avoided. Close the lids for a few moments, and the increased flow of tears will often wash the foreign particles toward the inner corner of the eye, where they can be easily removed with a soft handkerchief. If this does not give relief, seize the lashes of the upper lid with the finger and thumb, and pull the lid forward and downward, while, with the index finger of the other hand, the lower lid is pushed up under the upper

lid. The lashes of the lower lid thus sweep the under surface of the upper lid, and thus the foreign body is often removed.

If a piece of steel, iron or glass, lime or any other caustic, gets into the eye, or if any other injury is inflicted upon it, surgical aid should be sought at once. When caustic of any kind gets into the eye, some sweet oil may be poured into it at once. In all other cases the eye should be loosely bandaged, to keep it quiet till the surgeon arrives.

As soon as the print has to be carried farther from the eyes than usual, it indicates the necessity of wearing glasses, and, if the eyes are tested and the proper glasses used at once, much annoyance and injury to the eye can be avoided.

When children can't see without getting close to an object, they should be examined for near-sighted glasses. Whenever any other defect of vision or soreness of the eyes shows itself a competent surgeon or oculist should be consulted at once.

No person should begin to use glasses without having their eyes carefully tested, for, when a glass is too strong or too weak, it does more harm than good.

HYGIENE OF THE EAR.

Deafness is often produced by attempts to clean the ears. The use of sponges, brushes, etc., in the ear, usually packs the natural wax against the drum of the ear, where it hardens and causes deafness.

The ear should not be washed farther than can be reached with the end of the finger.

The ear should not be washed out with soap and

water, as it keeps the wax soft, unduly increases its quantity, and makes it collect the dust from the atmosphere, instead of allowing it to become dry and scaly so that it can drop out naturally.

Ear picks should never be used, as they keep up an unnatural irritation.

Do not cover the ears in cold weather, except when exposed to unusually severe storms, and do not ride exposed to a severe side wind.

Strong medicines or oils should never be dropped in the ears except on the advice of a competent surgeon.

Cold water should never be introduced into the ear, as it produces intense dizziness, and is sure to injure the hearing.

When any defect of hearing is recognized, no time should be lost in consulting a surgeon, and conditions that may be easily corrected at first, may soon destroy the hearing if neglected.

HYGIENE OF THE GENERATIVE ORGANS.

Unmarried women should use a pint of tepid water, in which is dissolved a teaspoonful of pure carbolic acid, as an injection, after each menstrual period. This removes any blood that has lodged in the folds of the vagina, and prevents irritation of the parts. It need not be repeated unless there is a leucorrhœal discharge, in which case this injection should be used night and morning till the discharge disappears.

Married women should use a pint of tepid water to cleanse out the vagina every second or third day, and the above carbolic solution after menstruation.

Cold water should never be used, and extremely hot

water is injurious, except at the beginning of an acute inflammation.

The use of various medicated waters for the prevention of conception, serves no other purpose than to bring on disease, and should, therefore, never be used, as they are sure to lead to permanent ill health.

As soon as the first symptom of dragging at the lower part of the abdomen and about the hips, pain in the small of the back and at the lower end of the spine, or any persistent discharge from the vagina is recognized, a physician should be consulted, with the view of undergoing immediate treatment to correct the trouble before it takes on a chronic form.

GLOSSARY.

ABDOMEN, The belly.

ABORTION, Miscarriage; premature labor.

ABSCESS, A sequence of inflammation; a cavity containing pus.

AMENORRHŒA, Absence of the menses.

AMNION, The internal sac containing the waters and fœtus.

ANTISEPTIC, Against septic poison; an agent that prevents putrefaction.

ANUS, The termination of the bowel; the outlet of the back passage.

AREOLA, A colored circle; the colored circle that surrounds the nipple.

BALLOTTEMENT, The motion of the fœtus in the womb, produced by alternately pressing on the abdomen and against the womb with the finger in the vagina.

CARUNCLES, Small fleshy excrescences.

CHOLERA INFANTUM, Summer complaint; an inflammation of the intestines common to infancy, attended with purging and vomiting.

CHOREA, A spasmodic nervous disorder; St. Vitus' dance.

CUTANEOUS, Of or belonging to the skin.

CHLOROSIS, Green sickness; an anæmic condition with greenish yellow condition of skin, met with in maidens.

CHORION, A skin, or investing membrane; a sac surrounding the fœtus in the womb.

CLIMACTERIC, A critical period in life; a period of change.

CLITORIS, The erectile body of the female sexual organs, situated at the upper entrance of the vulva.

COITION, } The sexual act.
COITUS, }

COLOSTRUM, The first secretion of the breasts after child-birth.

CONCEPTION, The act of becoming pregnant.

CONGESTION, A determination of blood to a part.

COPULATION, The sexual act.

CORPUS LUTEUM, A yellow body left after the egg has escaped from the ovary.

DENTITION, The act of cutting teeth; teething.

DIAGNOSIS, The act of deciding the character of the disease from the symptoms.

DIARRHŒA, An unnatural looseness of the bowels.

DIGESTION, The act of changing food into material for nutrition.

DYSMENORRHŒA, Painful menstruation.

DYSPEPSIA, Indigestion.

ELIXIR, A flavored preparation of alcohol, sirup and water, in which medicines are dissolved.

EMBRYO, The impregnated ovum, or egg, in the early stages; the fœtus before the fifth month.

ENDEMIC, A disease confined to a certain district or locality.

ENEMA, An injection into the back passage to move the bowels.

EPIDEMIC, Upon the people; a disease extending over the entire country.

EXCRETION, That which is thrown off.

FECUNDATION, The act of becoming pregnant; impregnation.

FLATULENCE, An accumulation of wind on the stomach and bowels.

FŒTUS, The child in the womb.

GESTATION, The period of pregnancy.

GLANS PENIS, The head of the penis.

HEMORRHOIDS, A disease of the veins of the rectum; piles.

HERNIA, A rupture; a breach.

HYDROCEPHALUS, Water on the brain; an inflammation of the serous membrane of the brain, followed by a watery effusion or dropsy.

HYGIENE, The science of preserving health.

HYMEN, A membrane that partially closes the opening into the vagina; the maidenhead.

HYSTERIA, A spasmodic disease of the nervous system; hysterics.

IMPREGNATION, Condition of being pregnant, or in the family-way.

INFUSION, A tea; medicine prepared by steeping the crude drug in boiling water.

INSOMNIA, Sleeplessness; inability to sleep.

LEUCORRHŒA, A whitish or yellowish discharge from the vagina; the whites.

LOCHIA, The discharge that follows childbirth when the flow of blood ceases.

MAMMARY GLANDS, The female breasts.

MARASMUS, Wasting of flesh; emaciation.

MEATUS, The mouth of the urethra; the opening from which the urine passes.

MECONIUM, The black mass first discharged from a new-born babe's bowels.

MEMBRANE, A thin layer of tissue.

MENOPAUSE, The period when menstruation ceases; the "change of life."

MENORRHAGIA, Profuse menstruation.

MENSTRUATION, The monthly flow of blood from the womb; the turns; the courses; the monthly periods.

NAUSEA, Sickness of the stomach without vomiting.

NITROGEN, One of the elemental gases.

NITROGENOUS, Containing nitrogen.

OCCLUSION, A condition of being shut; closed up.

ŒSOPHAGUS, The canal leading from the mouth to the stomach; the gullet.

OSSEOUS, Bony.

OVARY, The egg bed; the organ that develops the egg.

OVULATION, The process of throwing off the egg from the ovary.

OVUM, The egg; the germinal cell of the female.

PARTURITION, Childbirth; labor; the act of giving birth to a child.

PARASITE, An animal that lives on another living animal; a minute organism that exists in the human body.

PELVIS, The bony basin that connects the body with the thighs, and holds the female generative organs, rectum and bladder.

PENIS, The male organ of copulation.

PERINEUM, The space between the vagina and anus.

PERITONEUM, A membrane that lines the abdominal cavity, and covers the womb and ovaries as well as the abdominal organs.

PERITONITIS, Inflammation of the peritoneum.

PHLEGMASIA DOLENS, Inflammation of the veins of the leg; milk-leg.

PLACENTA, The afterbirth.

POLYPUS, A pear-shaped tumor that grows from mucous surfaces, as inside the womb.

PREGNANCY, Being with child.

PUBERTY, The age when menstruation begins.

RECTUM, The lower portion of the bowels.

REPRODUCTION, Producing or bringing forth anew.

RESPIRATION, Breathing.

RETROFLEXION, Bending backward.

RETROVERSION, Falling backward.

SALIVA, The spittle.

SCABIES, A parasitic disease of the skin; itch.

SEBACEOUS GLANDS, small glands in the skin that produce an oily secretion.

SECUNDINES, The afterbirth, cord and membranes that remain in the womb after the birth of the child.

SPERMATOZOA, The germinal cells of the male; the impregnating principle.

STERILITY, Barrenness; being unable to have children.

TEMPERAMENT, A name used to denote the differences in organization of individuals.

TENESMUS, Spasm of the muscles of the anus.

TONIC, A strength-giving medicine.

TRACHEOTOMY, Cutting into the windpipe.

TYROTOXICON, A poisonous ferment found in milk.

URETER, The canal leading from the kidney to the bladder.

URETHRA, The outlet of the bladder, through which the urine passes.

UTERINE, Belonging to the womb.

UTERUS, The womb.

VAGINA, The canal leading from the vulva to the womb.

VAGINAL, Belonging to the vagina.

VAGINISMUS, A spasmodic contraction of the vagina, with thickened hymen.

VENEREAL, Belonging to or connected with sexual intercourse.

VIABILITY, Being able to live; having life manifested.

VISCERA, The organs contained in the cavities of the body.

VITELLUS, The yolk.

VULVA, The external sexual organs of the female; the opening between the lips of the female genitals.

INDEX.

BEAUTY.

	PAGE.
Alkaline Bath	19
Analysis of a Graceful Figure	37
A Beautiful Complexion	14
A Graceful Carriage	38
An Excellent Hair Wash	31
An Oily Skin	19
Beauty of Form	37
Beautiful Gray Hair	35
Best Kinds of Soap	17
Beware of Arsenic in Any Form	26
Blackheads	20
"Bleaches"	28
Brushing and Washing the Hair	31
Camphorated Bath	18
Care of the Finger-Nails	47
Cleanliness the Foundation of Health	14
Cold Creams	20
Cream for the Hands	46
Cure for Pimples	21
Dandelion Tea and Charcoal	25
Dearly Bought Beauty	33
Developing the Bust	43
Diet for Reducing Flesh	42
Dress and Color	48
Evil Effects of Glycerine	22
Florid and Sallow Complexions	27
Freckles	28
French and American Corsets	40
Hair Dyes	36
Health of Our Forefathers	15
How an Actress Reduced Her Flesh	41
House Dresses Should Be Bright	49
How Italian Ladies Bleach Their Hair	33
How to Whiten the Hands	46
Importance of Bathing	16
Importance of Physical Exercise	23
Lotion for the Skin	22
Milk Bath	18
Outdoor Life Essential to Beauty	23
Parisian Habits	24
Periodic Examination of the Teeth	45
Perfumes	50
Perspiratory Glands	15
Pimples	27
Powders	51
Recipe for Cream	21
Recipe for a Fine Perfume	50
Recipes for Removing Tan and Sunburn	26
Remedies for Removing Freckles	30
Remedies for Lightening the Hair	35
Remedy for Warding Off Wrinkles	25
Roman Methods of Bleaching	34
Substitute for Ocean Bath	19
The Hair	30
The Hands	45
The Philosophy of Beauty	13
The Teeth	44
The Turkish Bath, a Flesh Reducer	42
Toilet Water for the Bath	18
Too Much Clothing Worn	39
Uses of Ammonia	19
Use of Dumb-bells	37
Value of Oil and Cold Cream	17
Well-fitting Shoes	48
Well-gloved Hands	47
Wrinkles	22

DINING.

PAGE.

Afternoon Teas..... 65
Arrangement of the Table..... 62
Answers to Invitations..... 53
A Model Dinner Table..... 64
A Slattern at the Breakfast Table 63
Beef, Veal, Mutton..... 72
Carving..... 66
Choice of Venison..... 73
Choosing Fish..... 69
Concerning Invitations..... 53
Concerning Poultry..... 73
Eggs and Cheese..... 74
Eight Ladies for an Afternoon Tea..... 52
Flowers Always on the Table... 62
Flowers Everywhere and in Every Form..... 76
Fourteen the Orthodox Number 52
Fresh Fish..... 71
General Surroundings of the Dining-room..... 61
How to Carve Mutton, Lamb or Venison..... 68
How to Carve Roast Beef..... 68
How to Carve a Tongue..... 69
How to Carve a Turkey 67
How to Choose Meat..... 71
How to Make Dining a Charm.. 54
How to Make Perfect Coffee.... 58
Importance of Care in Choosing Pork..... 72
Lake Superior Fish..... 70
Let the Dining-room be Well Aired..... 61
Liqueurs..... 58
Lobsters and Crabs..... 70
Luncheon..... 64
Menu for Breakfast..... 79
Menu for Thanksgiving Day.... 77
MENUS, WITH CHOICE RECIPES—

I.

Frogs au Beurre—Melon—Cucumbers — Lamb Chops Broiled, Pomme Sara — Coffee — Eggs en Bechamel—Rolls..... 79

II.

Cream of Celery—Boiled Sea Bass—Drawn Butter—Potatoes a la Duchesse—Roast Leg of Mutton — Currant Jelly — White Turnips — Mashed Potatoes, Browned—Bird's-Nest Pudding..... 80

III.

Purée of Green Peas—Baked Red Snapper—Tomato Sauce—Cucumbers—Roast Quail, Stuffed — String Beans — Mashed Potatoes—Rice Pudding—Coffee..... 83

IV.

Tapioca Soup—Boiled Pickerel with Melted Butter — Boiled Parisienne Potatoes—Roast Loin of Veal, German Style—Lettuce Salad—Apple Compote..... 85

V.

Oyster Soup—Broiled Shad Parsley Butter — Mangoes —Roast Turkey, Stuffed—Cranberry Sauce — Roast Goose, Stuffed with Apples—Brown Sweet Potatoes—Cardinal Punch—Broiled Quail—Celery Mayonnaise—English Plum Puddings — Noisette Panachée — Apple, Mince, and Pumpkin Pie—Coffee... 87

VI.

Tapioca Soup with Rice—Fresh Mackerel with Wine Sauce — Stewed Potatoes — Boiled Partridge — Celery Sauce — Broiled Potatoes — Asparagus Salad—Neapolitan Cream—Cake—Coffee 89

VII.

Mutton Broth, French Style—Boiled Halibut — Fleurette Sauce—Sliced Potatoes with Cream—Venison Steaks with Olives—Boiled Sweet Potatoes — French Artichokes, Dressed..... 91

PAGE.

VIII.

Purée a la Colbert—Baked Oysters in Shells—Mangoes —Stewed Potatoes—Salmi of Wild Ducks—Browned Sweet Potatoes — Vegetable Salad with Artichokes—Ice Cream —Cake—Coffee 93

IX.

Vermicelli Soup — Broiled Shad with Roe—Cucumbers—Breast of Mallard Duck—Sweet Potatoes—Fresh Mushrooms — Apricot Fritters, Brandy Sauce—Coffee..... 96

X.

Soup a la Chevalier—Stewed Lobster, Gloucester Style—Fried Potatoes — Curry of Chicken with Rice—Baked Macaroni—Broiled Quail, Celery Mayonnaise—Coffee.... 98

XI.

Bouillon—Lobster a la Newburg — Cutlet of Minced Sweetbreads — Fresh Mushrooms—Lettuce and Tomato Salad—Glace—Cake— Coffee 100

XII.

Mutton Soup a la Cowley—Fried Shad Roe—Tomato Sauce—Cucumbers—Fillet of Beef Braised—Potato Croquettes—Fresh Mushrooms—Lettuce and Tomato Salad—Ice Cream—Cake—Coffee... 102

XIII.

Chicken Gombo — Brandade de Morue (Codfish) — Coldslaw — Boiled Potatoes — Spring Lamb—Mint Sauce—French Peas—New Potatoes —Broiled Snipe on Toast—French Artichokes—Dessert — Coffee..... 104

PAGE.

XIV.

Julienne Purée—Fried Smelts — Cucumbers — Roulade of Spring Lamb—Mint Sauce—Browned Potatoes- -New Asparagus—Broiled Teal Duck on Toast—Artichoke Salad —Ice Cream—Cake—Coffee. 106

XV.

Julienne Soup — Whitefish Nonpareil—Parisienne Potatoes—Roast Red Head Duck with Jelly—Baked Sweet Potatoes — Steamed Apple Dumpling — Coffee..... 107

XVI.

Iced Bouillon—Fillet of Sea Bass — Cucumbers — Roast Spring Chicken, Stuffed—Green Peas—New Potatoes in Cream—Lettuce and Tomato Salad—Red Raspberries and Vanilla Ice Cream—Cake—Coffee 109

Napkins and Napkin Rings..... 61
Never Crowd the Table..... 76
No Pastry for the Children..... 65
Order of Breakfast..... 63
Order of Dinner..... 64
Order of Service of Dinner..... 79
Preparation of the Menu..... 76
Quality Rather than Quantity... 55
Schedule of Wines in Order..... 59
Selecting and Buying Wine..... 60
Temperature of Wine Important. 59
The Breakfast Table..... 61
The Dinner Table a Study..... 75
The "Family" Dinner..... 64
The Order in Which Wine Should Be Served..... 56
The Secret of Judicious Invitation 54
The Time to Dine..... 53
The Wine Cellar..... 60
Various Kinds of Wine..... 57
Vegetables 74
Well Trained Help..... 66

DECORATION.

	PAGE.
Andrew Carnegie's Bed	163
A Dainty New York Bed-room	148
A Drawing-room Described	119
A Model Gentleman's Den	141
A Parisian Drawing-room	123
Bamboo Racks	160
Beauty of American Wood	115
Bed-room Hammocks	150
Bed-rooms Made Into Show-rooms	164
Books Used in Furnishing	157
Brass Bedsteads	145
Carpets or Rugs	124
Chippendale School of Decoration	153
Decoration a Thing of Personality	112
Decoration as Old as Creation	111
Decoration Woman's Work	116
Design for Dining-room	136
Design for Drawing-room	121
Design for Guest Chamber	140
Dickens in His Study at Gad's Hill	128
Dining-room Amenities	130
Dining-room Furniture	135
Dining-room Tables	135
Do Not Hide Books	126
Elegance Is Cheap	153
Everything Capable of Decoration	113
Fitness Is Beauty	157
French Tapestries	118
Hangings	117
Hangings and Sash Curtains	152
Harmony for the Eye	113
Harmony the Soul of Decoration	114
How to Furnish the Bed-room	144
Importance of a Mellow Light	151
Lamps of Various Shapes	156
Location of Dining-room	132
Low Wooden Screens	165
Make the Bed-room Bright and Cheerful	144
Make the Gentleman's Den Pleasant	141
Many uses of the Bed-room	144
Modern Taste a Combination	168
Mrs. Cleveland's Home	121
No Dining-room, no Home	131
No Home Complete without a Library	125
Oriental Rugs	117
Ornamental Pedestals for Lamps	159
Penelope's Unfinished Web	112
Portières and Tapestries	158
Pretty Devices for the Home	156
Reception Halls should be Cozy	117
Roomy Closets Indispensable	163
Russian Rugs	161
Shades for Windows	151
Should the Bed-room and the Living Room be thrown Into One?	143
Sideboards	164
Suggestions Concerning the Dining-room	132
Taste Gravitating Toward the Antique	167
The Bagdad Rug	164
The Bed-room	142
The Dining-room	130
The Drawing-room	118
The Drawing-room the Throne of the Home	118
The Gentleman's Den	140
The Guest Chamber	138
The Home Educates the Nation	115
The House Beautiful	116
The Library	125
The Library the Sanctuary of Home	127
The Open Fire-place	137
The Pink Room	154
The Reception Hall	116
The Window-desk Idea	129
Tinsel Madras	165
Turcoman Portières	165
Welcome the Coming Guest	139
Window Dressing	146
Windsor Combination Wash Stand	147
Wilton Carpets	117
Woman's Kingdom	115

HEALTH OF WOMEN AND CHILDREN.

	PAGE.
Absent Menstruation	192
Accidents of Labor	288
Attentions After Labor	278
A Child's Physical and Mental Development	314
A Woman Should Know Herself	187
Babyhood	294
Baby Hygiene	304
Can Unhappy Marriages Be Prevented	210
Cancer	360
Care of the New-born Babe	295
Celibacy	218
Change of Life	201
Childhood	316
Chlorosis, or Green Sickness	195
Cholera Infantum	332
Chorea, or St. Vitus' Dance	341
Conception and Pregnancy	224
Complicated Labor	275
Congenital Deformities	330
Congestion of the Womb	193
Convulsions	335
Courtship	206
Courting Days Important Days	208
Croup	336
Dawn of a New Era on Female Education	186
Diseases of Babyhood and Childhood	325
Diseases of Women	350
Disorders of Infancy	326
Disorders of Pregnancy	240
Diseases of the Ovaries	359
Diseases Following Labor	281
Difficult Labor	274
Displacements of the Womb	357
Diphtheria	337
Dr. Van de Walker on Structural Development	179
Dysmenorrhœa, or Painful Menstruation	197
Dress	366
Ear-ache and Discharges from the Ear	343
Early Marriages	215
Early Womanhood the Crisis of Being	182
Education of Children	317
Eruptive Fevers	339
Every Woman Should Have an Aim in Life	205
Evolution of the Child	234
Formative Years of Woman's Life	182
Fœtal Development	229
General Hygiene	363
Head Lice	346
Higher Education of Women	184
High-heeled Boots	183
Hydrocephalus	335
Hygiene of Childhood	318
Hygiene of the Digestive Organs	370
Hygiene of the Ear	374
Hygiene of the Eye	373
Hygiene of the Generative Organs	375
Hygiene of Pregnancy	238
Hygiene of the Respiratory Organs	372
Hygiene of the Skin	369
Hysteria	361
Infant Feeding	297
Infantile Leucorrhœa	344
Inflammation and Ulceration of the Womb	356
Law of Conjugal Selection	213
Leucorrhœa	356
Maidenhood	177
Maidenhood a Time of Solicitude	178
Marriage	208
Maternal Changes During Pregnancy	236
Medical Glossary	377
Menorrhagia, or Profuse Menstruation	200
Menstruation	188
Miscarriage and Hemorrhage	289
Motherhood	221
Natural Labor and Its Management	266
Ovulation	189
Painless Childbirth	259
Phimosis and Paraphimosis	344
Premature Labor	290
Pre-Natal impressions and Mothers' Marks	291
Preternatural Labor	275
Proper Ages for Marriage	215
Question of Temperament Discussed	211
Rest and Sleep	368
Scabies, or Itch	346
Scaldhead	345
Signs of Pregnancy	226
Sterility	218

319859
f C
10

	PAGE.
Sterility May Be Overcome	220
Still-Birth	291
Sore Eyes	342
Teething	311
The Capacity of Women for Study	185
The Crowning Glory of Womanhood	221
The External Organs	170
The Internal Organs	173
The Verdict of Colleges	185
The Period of Structural Development	179
Tight Lacing	183
Tumors of the Womb	358
Various Forms of Labor	268
Weak Spines and Spinal Deformities	348
Woman's Physical Structure	169
Womanhood and Wifehood	204
Worms	347

H 93 83

LIBRARY OF CONGRESS
0 005 445 134 9